



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE ST MARYS

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT
6:00	HIIT <i>SHARNI</i>	BATTLEFIELD <i>MICHAEL</i>	R50 <i>MICHAEL</i>	XXX STRENGTH <i>MICHAEL</i>	BOOTCAMP <i>BREE</i>	
7:00						
8:00						BOOTY BLAST <i>JENNIFER</i>
9:30	PUMPED <i>LINDA</i>	BOXFIT <i>TEGAN</i>	CORE-LATES <i>LINDA</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>	
10:30	CORE-LATES <i>LINDA</i>		EXPRESS CARDIO 45 MIN <i>LINDA</i>	STRETCH & RELAX <i>LINDA</i>		
4PM FIGHT ROOM	KIDS KICK BOXING <i>CHRIS</i>			KIDS KICK BOXING <i>CHRIS</i>		
4.30			TAE KWON DO FIGHT ROOM <i>KIDS</i>		TAE KWON DO FIGHT ROOM <i>KIDS</i>	
5:30		AB ATTACK 30 MIN <i>LINDA</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	BATTLEFIELD <i>TEGAN</i>	TAE KWON DO FIGHT ROOM <i>KIDS</i>	
6:00 FIGHT ROOM	TABATA <i>LINDA</i>	PUMPED <i>LINDA</i>	R50 <i>LINDA</i>		A.B.T 60 MIN <i>TEGAN</i>	
	KICKBOXING <i>CHRIS</i>	KICKBOXING <i>CHRIS</i>		KICKBOXING <i>CHRIS</i>		
6.30 FIGHT ROOM					KIDS KICKBOXING <i>OSCAR</i>	
7.00	PUMP <i>LINDA</i>	ZUMBA <i>CLARE</i>	STRETCH & RELAX <i>LINDA</i>	ZUMBA <i>BRISSEL</i>	ZUMBA <i>DAPHNI</i>	
7.30 FIGHT ROOM					KICKBOXING <i>OSCAR</i>	



CLASS DESCRIPTIONS

<p>AB ATTACK</p> <p>A programed workout designed to improve the strength around your entire core. Not your average ab class.</p> <p>30 Minutes</p>	<p>A.B.T</p> <p>ABS.BUTTS.THIGHS</p> <p>Designed to target the ab's, butt and thigh area. Focusing on core strength, glutes, quads & hamstrings.</p> <p>Full lower body work out!</p>	<p>BOOTCAMP</p> <p>Testing your limits and determination, boot camp is one of the most effective ways of increasing your strength and fitness. Shape the body you want all in one class.</p>	<p>R 50</p> <p>R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength</p>
<p>BOXING</p> <p>Punch, duck and weave your way to a new you. Freestyle Boxing aerobics classes are a true favourite and will have you coming back for more</p>	<p>CIRCUIT</p> <p>Incorporating five components of fitness. Strength, cardio, co-ordination, balance and flexibility. A class that is designed to make you sweat and improve your overall functional fitness, will challenge you mentally and physically. It is a full body high intensity work out.</p>	<p>REBOUND FIT</p> <p>A trampoline-based class that will work your whole body and test your endurance. Get those legs pumping and your heart rate climbing is this fun and energetic class.</p>	<p>FIGHT DRILLS</p> <p>MUST PROVIDE OWN - SHIN GUARDS MOUTH GUARD MINIMUM 14OZ GLOVES</p>
<p>PUMPED</p> <p>Blast all your muscles with this high-rep weight training workout.</p>	<p>H.I.I.T</p> <p>High Intensity Interval Training.</p> <p>The class is based on high energy bursts with low to moderate intensity recovery.</p> <p>This class will take your fitness to the next level.</p>	<p>KICK BOXING</p> <p>Structured kick box striking class based around hitting the freestanding boxing bag.</p> <p>Learn powerful kickboxing combinations while having a great workout - great for de-stressing.</p>	<p>KIDS KICKBOXING</p> <p>Get your Child's heart racing & their body moving with kids' kickboxing for children aged between 5-12 years. Give your child the chance to enjoy an exciting total body workout. Our goal is to keep students moving & motivated in a fun & safe space!</p>
<p>PILATES</p> <p>Beginners to the advanced. Challenge your body whilst building strength, improving flexibility, balance & body awareness.</p>	<p>STRETCH & RELAX</p> <p>Full body work out to loosen those tight muscles & relax your mind through meditation & stretching techniques.</p>	<p>TABATA</p> <p>Tabata is a form of High Intensity Interval Training. This training protocol involves performing an exercise (or exercises) for 20 seconds followed by 10 seconds rest. It's a simple but very effective fat burning blitz</p>	<p>YOGA</p> <p>The practice of yoga makes the body strong and flexible; it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.</p>
<p>LATIN RHYTHM</p> <p>Latin Rhythm is a fun class that is a combination of international music/dance and Latin themes. Tone and sculpt your body using a combination of rhythms and HITT training. Dance your problems away with this empowering workout.</p>	<p>ZUMBA</p> <p>Zumba is an exciting class that is a fusion of Latin and International music/dance themes. The routines feature aerobic interval training with a combination of rhythms that tone and sculpt the body. Zumba is a "feel happy" workout that is great for the mind and body.</p>	<p>BATTLEFIELD</p> <p>Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.</p>	<p>XXX STRENGTH</p> <p>An explosive movement-based class that also incorporates strength-based components and movements.</p> <p>This class will push you to your limits while giving you a full body workout.</p>
<p>BOOTY BLAST</p> <p>A class that is designed to improve mobility and strength.</p> <p>This weights based class focuses on lifting techniques to help you build the perfect booty.</p>	<p>EXPRESS CARDIO</p> <p>This 45-minute creative class welcomes all levels. It focuses on maintaining and strengthening your cardiovascular fitness. Perfect for those who only have time for a quick workout!</p>		<p>CORE-LATES</p> <p>A Pilates inspired core and stretch class that will leave you feeling invigorated.</p> <p>Strengthen your core, improve your breathing, flexibility, and balance.</p>