



REVOLUTIONS
HEALTH & FITNESS CENTRE

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45AM	SPIN <i>TARNA</i>	BATTLEFIELD <i>JOSH</i>	BATTLE R50 <i>JOSH</i>	STRENGTH R50 <i>JOSH</i>	SPIN <i>IRENE</i>		
7:00AM							
8:00AM						SPIN <i>IRENE</i>	
8:30AM			HEALTHY MOVES <i>MICHAEL.S</i>		HEALTHY MOVES <i>MICHAEL.S</i>		
9:00AM			CIRCUIT <i>DAIN</i>		CIRCUIT <i>DAIN</i>	PILATES <i>MEL JOY</i>	YOGALATES <i>TINA</i>
9:30AM	SPIN <i>EMILY</i>	ADULTS TECH BOX <i>MEL JOY</i>		PUMP FIT <i>MELISSA</i>			
10:00AM						ZUMBA <i>MELISSA</i>	
5:30PM	PUMP FIT <i>MELISSA</i>	KIDS TECH BOX <i>ZAC</i>	CIRCUIT <i>KYLIE</i>	PUMP FIT <i>MELISSA</i>			
6:00PM					HOT YOGA <i>BEC</i>		
6:30PM	DANCE FIT <i>MELISSA</i>	ADULTS TECH BOX <i>ZAC</i>	SWEAT <i>KYLIE</i>	ADULTS TECH BOX <i>ZAC</i>			
7:30PM	HIIT PILATES <i>MEL JOY</i>	HOT YOGA VINYASA <i>VIVIENNE</i>					

CLASS DESCRIPTIONS

DANCE FIT Dance Fit is an easy-to-follow, mood elevating, dance fitness fusion class that combines boxing, cardio, dance and sculpting sets to the hottest beats including, Afro beats, Latin and hip-hop. Torch up to 600 calories as you twerk and tone throughout this beat-driven workout.	BATTLEFIELD Team training taken to a new level! This Battlefield inspired workout uses the best of strength training and fundamentals of functional training.	R50 R50 is based on functional training with specific work to rest ratios. It covers everything from flexibility to strength.	HEALTHY MOVES A fun class for our members that incorporates functional movements and balance exercises that can assist with everyday movements
SWEAT 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.	CIRCUIT An intense and effective session for those looking to burn calories all hour long. This class switches between several exercises that target different muscle groups with minimal rest in between.	BOX HIIT A high intensity class that combines boxing drills and cardio to give you a great workout. This class will get you working but is suitable for all fitness levels. Gloves required.	STEP/PUMP Join us for an exhilarating half step - half pump class that combines high energy step aerobics & muscle strengthening pump exercises. Boost your cardiovascular fitness by getting your heart pumping while building muscle strength and toning.
SPIN This explosive freestyle spin class will destroy those calories, tone your body, and enhance your endurance. Race your way to fitness with this hardcore session of indoor cycling.	XXX STEP Take Step to the next level with this high NRG dynamic workout geared to burn all over body fat. Add intense core work to finish, giving you a complete workout.	FUSION FITNESS A powerful workout that combines the best of combat and pump training. Starting with high-energy MMA moves to boost your cardio & coordination, then switch to weight-based exercises for muscle tone and strength	PUMP FIT This high energy class will test you through a combination of explosive body weight movements with cardio inspired movements. A class that will transform your body and fitness levels.
ADULTS TECH BOX This class is designed to deliver effective training techniques that will help you master basic boxing skills and keep your fitness levels up. Consists of skipping, stretching, striking and defence. Powering through circuit training and partnered work.	KIDS TECH BOX Get your child's heart racing and their body moving with kids' boxing 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!	NRG BOX Learn basic boxing skills while putting your body through a HIGH ENERGY workout! Moving from a combat style warm-up to HIIT then a skill development and full-body workout - this class burns calories, builds and tones muscles while improving self-defence skills.	FUNCTIONAL FIT This class combines strength training with high-energy cardio intervals for the ultimate full-body workout. You'll lift to build muscle and hit heart-pumping intervals to boost endurance and torch calories. Perfect for anyone who wants to get stronger, leaner & faster – all in one session.
PILATES Pilates focuses predominantly on exercises radiating from the core. It is tailored as a rehab program, correcting muscle imbalance, strengthening the lower back, dramatically improving posture, balance, core strength and flexibility. This allows the muscles to be more stable and decreases the chance of injury.	TABATA A form of high-intensity training where very short periods of extremely demanding activity are alternated with shorter periods of rest. This class is designed to BURN calories and to help you SHRED.	HIIT PILATES HIIT Mat Pilates combines high-intensity intervals with core-strengthening Pilates moves for a full-body workout. Boost your endurance, tone muscles, and improve flexibility in this energizing class.	YIN YOGA Yin Yoga is a slow-paced style of yoga, where poses are held for longer periods of time to stretch and target both the deep connective tissues between the muscles and the fascia throughout the whole body. It aims to increase circulation in the joints, improve flexibility and help regulate the body's flow of energy.
YOGALATES The combination of stretch in yoga & core strengthening in Pilates - You get the best of both worlds. Through a series of movements you will develop increased strength, flexibility & stability.	VINYASA YOGA A deep stretch combined with an energetic flow to release and free up any tensions in the mind and body. Strengthening the muscular system moving with the breath and discipline the mental state of mind.	ZUMBA A high-energy dance workout that feels more like a party than a gym session! Get your heart pumping, your body moving, and your mood soaring. No dance experience needed. Perfect for all fitness levels.	STRENGTH HIIT A high-intensity workout that combines strength training with bursts of cardio to maximise results. Designed to build muscle, boost endurance and torch calories.