



REVOLUTIONS
HEALTH & FITNESS CENTRE

GROUP FITNESS TIMETABLE ST MARYS

JOIN THE REVOLUTION

	MON	TUES	WED	THURS	FRI	SAT
6:00	HIIT <i>MATT</i>	BATTLEFIELD <i>MATT</i>	R50 <i>NICK</i>	XXX STRENGTH <i>MATT</i>		
7:00						
8:00						FUNCTIONAL FITNESS <i>RHYS</i>
9:30	TABATA PUMP <i>LINDA</i>	ENDUROFIT <i>TEGAN</i>	CORE-LATES <i>LINDA</i>	PUMPED <i>LINDA</i>	REBOUND FIT <i>LINDA</i>	
10:30	CORE-LATES <i>LINDA</i>	YOGA (Gentle) <i>KIM</i>	EXPRESS CARDIO 45 MIN <i>LINDA</i>	STRETCH & RELAX <i>LINDA</i>	YOGA <i>KIM</i>	
4PM FIGHT ROOM	KIDS KICK BOXING <i>CHRIS</i>	KIDS ATHLETICS 5-14 yrs <i>RHYS</i>	KIDS ATHLETICS 5-14 yrs <i>RHYS</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>VANESSA</i>	PUMPED <i>LINDA</i>	TABATA PUMP <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						
7.00	POWER PILATES <i>LEEANA</i>	ZUMBA <i>CLARE</i>	STRETCH & RELAX <i>LINDA</i>	YOGA <i>KIM</i>		
7.30 FIGHT ROOM						



CLASS DESCRIPTIONS

<p>AB ATTACK</p> <p>A programed workout designed to improve the strength around your entire core. Not your average ab class. 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. 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>POWER PILATES</p> <p>A high-energy fusion of Pilates, cardio, and strength training. This full-body workout builds core stability, boosts endurance, and sculpts lean muscle—all while improving posture, balance, and control. Expect mindful movement with serious intensity.</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>FUNCTIONAL FITNESS</p> <p>Push your limits in this powerful full-body workout designed to build strength, boost stamina, and sharpen mental resilience. This high-intensity class blends dynamic strength circuits, core-focused drills, and heart-pumping cardio intervals to enhance power, endurance, and overall athletic performance. Get ready to train hard and leave stronger—physically and mentally.</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. The class is based on high energy bursts with low to moderate intensity recovery. 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. 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>ENDUROFIT</p> <p>A fusion of cardio and functional strength stations designed to test endurance, speed, and grit. Compete against yourself, push your limits, and build an unstoppable engine.</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. 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. 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>KIDS ATHLETICS</p> <p>An exciting new sport specific class that focuses on improving the 12 essential components of fitness. This class will help develop the athletes physical strength and mental resilience empowering them to perform at their best.</p>	<p>CORE-LATES</p> <p>A Pilates inspired core and stretch class that will leave you feeling invigorated. Strengthen your core, improve your breathing, flexibility, and balance.</p>