



REVOLUTIONS
HEALTH & FITNESS CENTRE

JOIN THE REVOLUTION

SMEATON GRANGE

GROUP FITNESS TIMETABLE

Class colour guide

Strength & toning	Cardio & conditioning	Boxing & kickboxing	Mobility & wellbeing
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TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45 am	SPIN Ireen				SPIN Ireen		
7:00 am							
7:30 am							ADULTS TECH BOX 45 min Mel Joy
8:00 am						PUMP FIT Melissa	
8:30 am			HEALTHY MOVES Michael.S		HEALTHY MOVES Michael.S		
9:00 am						HIIT PILATES Mel Joy	PILATES Wafeeqah
9:30 am	BURN Amanda	BOOTCAMP Amanda	CIRCUIT Dain	BOX FIT Amanda	CIRCUIT Dain		
10:00 am							
10:30 am							
5:30 pm	PUMP FIT Melissa	KIDS BOXING Age 5–12 · 45 min Melissa	CIRCUIT Kylie	KIDS BOXING Age 5–12 · 45 min Melissa			
6:00 pm					HOT YOGA Bec		
6:30 pm	ADULTS TECH BOX Mel Joy	PILATES Wafeeqah	SWEAT Kylie	PUMP FIT Melissa			
7:30 pm	HIIT PILATES Mel Joy	HOT YOGA VINYASA Vivienne	HOT YOGA VINYASA Gemma	HOT YIN YOGA Vivienne			

Class Descriptions

REVOLUTIONS HEALTH & FITNESS CENTRE | SMEATON GRANGE

Class colour guide

Strength & toning	Cardio & conditioning	Boxing & kickboxing	Mobility & wellbeing
R-HYBRID Build race-ready fitness with strength training, endurance work and athletic conditioning. A high-energy session to challenge stamina and speed.	BATTLEFIELD Team up for a workout combining strength training with the fundamentals of functional fitness.	R50 Functional training with specific work and rest intervals, covering strength and flexibility.	HEALTHY MOVES Keep moving with confidence. Enjoy functional movements and balance exercises that support everyday activity.
SWEAT A high-intensity, full-body workout combining strength, cardio, coordination, balance and flexibility.	CIRCUIT Move between exercises targeting different muscle groups with minimal rest. An energetic session that keeps you working.	BOX HIIT Boxing drills meet cardio in this high-intensity workout, suitable for all fitness levels. Gloves required.	STEP/PUMP Half step, half pump. Combine energetic step aerobics with muscle-strengthening exercises for cardio fitness and strength.
SPIN Get pedalling in this energetic freestyle indoor cycling class. Challenge your fitness and build endurance.	BOX FIT A high-intensity, non-contact workout combining boxing techniques with cardio and strength exercises. Suitable for all fitness levels.	BURN Feel the burn with light weights and resistance bands. A fun, energetic class focused on muscular endurance.	PUMP FIT An energetic workout combining explosive bodyweight exercises with cardio-inspired movements to challenge your fitness.
ADULTS TECH BOX Develop basic boxing skills through skipping, stretching, striking and defence, plus circuit training and partnered work.	KIDS BOXING For ages 5–12. A fun, energetic boxing workout to keep kids moving and motivated in a safe space. Gloves required.	BOOTCAMP Bring your energy to a mix of cardio and strength. Enjoy friendly competition and motivation while building fitness.	FUNCTIONAL FIT Combine strength training with high-energy cardio intervals. Lift to build muscle and challenge your endurance in one full-body session.
PILATES Focus on core strength, posture, balance and flexibility through controlled movement and exercises that support muscular stability.	RESTORATIVE YOGA Slow down with a gentle practice using props to support long-held stretches. Make space for rest and deep relaxation.	HIIT PILATES High-intensity intervals meet core-focused mat Pilates. Build endurance, muscle tone and flexibility in an energising full-body workout.	YIN YOGA Explore slow-paced yoga with longer-held poses, focusing on connective tissues, flexibility and stillness.
YOGALATES Enjoy yoga stretches and Pilates core work in one class. Move through exercises that build strength, flexibility and stability.	VINYASA YOGA Flow through an energetic yoga practice linking movement and breath, with stretches and poses that develop strength and flexibility.	ZUMBA Bring the party to your workout with high-energy dance moves. No dance experience needed; suitable for all fitness levels.	TABATA Short bursts, short rests. Challenge your fitness with high-intensity exercise intervals followed by brief recovery periods.