


# ST MARYS

## GROUP FITNESS TIMETABLE

**Class colour guide**

| Strength & toning | Cardio & conditioning | Boxing & kickboxing | Mobility & wellbeing |
|---|---|---|---|

| TIME | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| 6:00 am | | | **HYROX**<br>Rhys | | | |
| 8:00 am | | | | | | **HYROX**<br>Rhys |
| 9:30 am | **TABATA PUMP**<br>Linda | **ENDUROFIT**<br>Tegan | **CORE-LATES**<br>Linda | **PUMPED**<br>Linda | **REBOUND FIT**<br>Linda | |
| 10:30 am | **CORE-LATES**<br>Linda | | | **STRETCH & RELAX**<br>Linda | | |
| | | | | | | |
| 4:00 pm | **KIDS KICKBOXING**<br>Chris | **KIDS KICKBOXING**<br>Chris | | **KIDS KICKBOXING**<br>Chris | | |
| 4:30 pm | | | **TAE KWON DO**<br>Beginner Kids | | **TAE KWON DO**<br>Beginner Kids | |
| 5:00 pm | | | | **KICKBOXING**<br>Chris | | |
| 5:30 pm | **TABATA**<br>Vanessa | **AB ATTACK**<br>30 min<br>Linda | **TAE KWON DO**<br>Advanced Kids | | **TAE KWON DO**<br>Advanced Kids | |
| 6:00 pm | | **PUMPED**<br>Linda | | **BATTLEFIELD**<br>Tegan | | |
| 6:30 pm | | | **TABATA PUMP**<br>Linda | | **A.B.T**<br>Tegan | |
| 7:30 pm | | | **STRETCH & RELAX**<br>Linda | | | |

# Class Descriptions

**REVOLUTIONS HEALTH & FITNESS CENTRE | ST MARYS**

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| Strength & toning | Cardio & conditioning | Boxing & kickboxing | Mobility & wellbeing |
|---|---|---|---|

### AB ATTACK

A 30-minute core workout designed to strengthen the muscles around your entire core.

### ABS, BUTT AND THIGHS

Target your abs, glutes and thighs with exercises focused on core and lower-body strength.

### BATTLEFIELD

Team training combining strength exercises with functional movements in an energetic workout.

### CORE-LATES

A Pilates-inspired core and stretch class focused on core strength, breathing, flexibility and balance.

### ENDUROFIT

Challenge your endurance and speed with a mix of cardio and functional strength stations.

### HYROX

Build strength and endurance in a conditioning workout that combines cardio with functional exercises.

### KICKBOXING

Learn striking combinations on a freestanding boxing bag in a structured kickboxing workout.

### KIDS KICKBOXING

For children aged 5–12. An energetic kickboxing workout that keeps kids moving and motivated in a fun, supportive space.

### PUMPED

Challenge your muscles with a high-repetition weights workout focused on strength and muscular endurance.

### REBOUND FIT

Get moving in a trampoline-based workout that challenges your whole body and endurance. A fun, energetic way to get your heart pumping.

### STRETCH & RELAX

Loosen tight muscles and unwind with full-body stretching and calming relaxation techniques.

### TABATA

Work for 20 seconds, then rest for 10 in this energetic high-intensity interval workout.

### TABATA PUMP

Grab a barbell for timed intervals of 20 seconds of work and 10 seconds of rest. Build strength and muscular endurance.

### TAE KWON DO ADVANCED KIDS

Build on your Tae Kwon Do foundations with more complex techniques and combinations, focusing on control, coordination and skill.

### TAE KWON DO BEGINNER KIDS

Develop the foundations of Tae Kwon Do with practice in basic stances, kicks and controlled techniques.