

TIME	M	T	W	T	F	S
6:00AM		SPIN WITH CANDY		SPIN WITH CANDY		
6:50AM	CIRCUIT WITH ROGER	BLAST WITH CANDY		PUMP WITH CANDY		
8:00AM						H.I.I.T WITH ANGEL
9:15AM		INTERVAL WITH HANNAH		STEP/ PUMP WITH HANNAH		SPIN 9AM WITH ANGEL
5:00PM						
5:30PM		H.I.I.T WITH ANGEL				
6:00PM	STRETCH WITH AMIRA					
6:15PM			B.A.T WITH ANGEL	BOX-FIT CIRCUIT WITH ANGEL		
6:30PM		PUMP WITH HANNAH				

Class descriptions:

~ **Circuit** – Learn a wide variety of free weight and body weight exercises as you move from station to station assisted by a timer

~ **Spin** – The high cardio and low impact class helps build endurance levels while conditioning legs to power up hills

~ **Stretch** – Breathe, relax, and unwind. A stretch-based class focused on improving flexibility, blood flow, recovery and reducing muscle/joint stress from exercise

~ **Box-fit circuit** – Mixed circuit class consisting of boxing drills. Designed for every fitness level and a fun way to add variety to your training

~ **Step/pump** – Fast paced dance style class incorporating free weight exercises choreographed to a variety of upbeat music

~ **Pump** – Coordinated light weight and body weight class mainly using a bar and weight plates

~ **HIIT** – High intensity interval training. A class consisting of short bursts of high intensity exercise followed by short rest periods/periods of low intensity exercise

~ **B.A.T** – Butt, abs & thighs. A class for those wanting to reshape/tone around the waist

CALL OR BOOK IN ON THE DAY: 03 332 2604