

WEEKLY TIMETABLE

THE BOX

FITNESS THAT FITS YOU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CIRCUITS 7:00 - 7:30am	CIRCUITS 6:30 - 7:15am	ABS BLAST 7:00 - 7:30am	HIIT 7:00 - 7:30am	SPIN 6:30 - 7:00am	BOOTCAMP 9:00 - 9:45am	ABS BLAST 9:15 - 9:45am
SPIN 7:30 - 8:00am	COMBAT 8:00 - 8:45am	DANCEFIT 9:30 - 10:15 am	TONE & CARDIO 9:30 - 10:15am	CIRCUITS 7:15 - 7:45am		SPIN 10:00 - 10:45am
SPIN 8:30 - 9:00am	LBT 9:30 - 10:15am	LBT 10:15 - 11:00am	YOGA 10:30 - 11:30am	LBT 9:00 - 9:45am	SPIN 10:00 - 10:45am	PURE YOGA 11:00 - 12:15pm
BOX FIT 9:30 - 10:15pm	TOTAL TONE 10:15 - 11:00am			STEP 9:50 - 10:30am	LBT 11:00 - 11:45am	
				CIRCUITS 12:15 - 12:45pm		GYM CIRCUITS 3:00 - 3:30pm
BARRE FIT 2:15 - 3:00pm		HIIT 12:15 - 12:45pm	SPIN 1:00 - 1:45pm	BEGINNERS PILATES 3:00 - 4:00pm	GYM CIRCUITS 5:00 - 5:45pm	
				PILATES 4:00 - 5:00pm		
ABS BLAST 6:00 - 6:30pm	HIIT 5:15 - 5:45pm	CIRCUITS 5:45 - 6:30pm	CIRCUITS 6:00 - 6:45pm	CIRCUITS 5:00 - 5:45pm		
BOXFIT 6:30 - 7:15pm	PILATES 5:50 - 6:50pm	STEP AEROBICS 6:30 - 7:15pm	LBT 6:45 - 7:30pm	KETTLEBELLS 6:00 - 6:45pm		
CIRCUITS 7:30 - 8:15pm	SPIN 7:00 - 7:45pm	KETTLEBELLS 7:15 - 8:00pm	DANCE AEROBICS 7:30 - 8:15pm	SPIN 7:00 - 7:45pm		

STUDIO FITNESS CLASSES

We have a range of studio classes to suit you. To ensure our timetable is current, classes will be subject to change following latest trends and attendance levels, however they will include the following:

CIRCUITS & GYM CIRCUITS

Cross training workout based on resistance and cardio exercises. Set out in individual stations which will differ every time you do a session. Gym Circuits use the gym floor & equipment.

BOX FIT

Box Fit is a circuit based class which involves the muscles of the core, upper body, shoulders and hips. It is also a great cardio and strength workout.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

PILATES

Balance your body. A workout designed to develop core strength and flexibility through moves that focus on co-ordination and relaxation using slow movements.

SPIN & ADVANCED SPIN

Cycle training at its best! You will be led through some of the best speed circuits while listening to inspiring music. You are in control of the resistance throughout the workout, so your mountains are as big as you want them.

KETTLEBELLS

Kettlebells offer a different kind of training using dynamic movements which target almost every aspect of fitness, endurance, strength, balance, agility and cardio endurance.

STEP

One of the most popular forms of aerobic workouts, our step class is an excellent way to get fit. It's fun, energetic and gives you a full cardiovascular workout.

ZUMBA

High energy and motivating music with unique moves and combinations The class utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.

ABS BLAST

Abs Blast offers a fantastic abdominal workout where you can seriously feel the burn. The core stability tailored workout will tone your front, lower back and sides giving you a complete abdominal workout.

DANCE AEROBICS

Dance Aerobics is a motivational and fun aerobics class for both men and women of mixed abilities. All classes include a cardiovascular workout section, as well as body conditioning exercises and stretching.

TOTAL TONE, TONE & CARDIO

This class is a fantastic mix of cardio, toning and core work. It is an extremely effective overall body workout.

LBT (LEGS, BUMS & TUMS)

The aerobics session that will leave you feeling toned up and firm in those all important areas.

YOGA TONE & PURE YOGA

Improve your posture. Enhance your breathing. Build your strength, flexibility and balance.