



# SESSION TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM	<b>Hiit BAR</b> KRISTINA	<b>Hiit BOX</b> LOC	<b>Hiit SPEED</b> DRAE	<b>Hiit STRENGTH</b> LOC	<b>Hiit TONE</b> AMY		
7:00AM						<b>Hiit BOX</b> LOC	
8:30AM		<b>Hiit TONE</b> CHANTELLE		<b>Hiit STRENGTH</b> CHANTELLE	<b>Hiit BAR</b> AMY		
9:00AM	<b>Hiit BAR</b> DRAE		<b>Hiit SPEED</b> DRAE			<b>YOGA</b> KEL	
9:30AM		<b>PILATES</b> CHANTELLE		<b>YOGA</b> CHANTELLE	<b>PILATES</b> AMY		
3:30PM							<b>PILATES</b> GLORIA
5:30PM	<b>Hiit MIX</b> DRAE	<b>Hiit BAR</b> KRISTINA	<b>Hiit SPEED</b> DRAE	<b>Hiit BOX</b> LOC			
6:30PM		<b>SPIN</b> ON HOLD (FRONT BALCONY)					
6:30PM	<b>YOGA</b> TBA	<b>PILATES</b> GLORIA	<b>YOGA</b> LEANA				

Hiit SESSIONS ARE DESIGNED TO ACHIEVE EXCESS POST-EXERCISE OXYGEN CONSUMPTION, COMMONLY REFERRED TO AS THE AFTER-BURN EFFECT. WE ACHIEVE THE AFTER-BURN EFFECT BY KEEPING YOUR HEART-RATE AT 70% FOR 35 MINUTES. 4 ROUNDS, 10 EXERCISE STATIONS. 45 SECONDS OF WORK, 15 SECONDS OF REST. DISTRIBUTING THE WORK LOAD TO ALL MUSCLE GROUPS. MOVEMENTS AT THE EXERCISE STATIONS ARE MODIFIED BY PERSONAL TRAINERS FOR INDIVIDUAL LEVELS OF FLEXIBILITY, STRENGTH, & FITNESS. SCIENTIFICALLY PROVEN TO BE THE BEST WAY TO MAINTAIN MUSCLE STRENGTH, WHILE BURNING EXCESS FAT.

**IF YOU WANT TO FEEL THE DIFFERENCE, THEN Hiit IS WHAT YOU NEED.**

*Feel* THE DIFFERENCE



# CLASS DESCRIPTIONS

## HİİT MIX

An exciting mix of strength training, higher reps, and fast paced cardio rounds. This workout will fire up your metabolism and be a great kick off to your week.

50% STRENGTH

50% CARDIO

## HİİT TONE

Strength training is the key to toning and shaping the body. This workout has a focus on high repetition, guaranteed to improve muscle definition.

75% STRENGTH

25% CARDIO

## HİİT SPEED

This workout gives you a huge variety of cardio exercises that will push your fitness to new levels. This high paced class will be over before you know it!

75% STRENGTH

25% CARDIO

## HİİT STRENGTH

Looking for a training session that will really push you? With a slower pace so we can focus on heavier weights to achieve some really great strength gains.

75% STRENGTH

25% CARDIO

## HİİT BAR

A stationary, interval, strength training session. No circuit to follow! With your heart pumping this session will test your strength. All the best movements to build strength & tone in the legs, arms & core!

75% STRENGTH

25% CARDIO

## HİİT BOX

Combine punching, kicking and full body exercises to increase your fitness and co-ordination all while burning some serious calories. A great mix of hard and fun!

10% STRENGTH

90% CARDIO