

# December studio timetable (Saturday 1<sup>st</sup> - Sunday 23<sup>rd</sup> December)



## MONDAY

07.15 - 08.00	Circuits	Gym Team
10.00 - 11.00	Step level 1	Mandy S
10.00 - 10.45	Water fit*	Georgia
11.30 - 13.00	Yoga and stretch*	Rosemary
13.30 - 14.30	Precision strength	Emma
18.30 - 19.30	Total strength	Amanda

## TUESDAY

07.00 - 07.30	Total blast	Lee
07.30 - 07.50	Abs-olute core!	Lee
09.30 - 10.30	Step level 3	Tony
10.30 - 11.30	Total strength*	Lee
12.00 - 13.00	Pilates*	Kate
13.00 - 13.45	Zumba	Steve
18.00 - 19.00	Body conditioning	Mandy S
19.00 - 20.00	Step level 2	Mandy S
20.00 - 20.45	Zumba latina	Carolina

## WEDNESDAY

07.15 - 08.00	Body blast circuit	Scott
09.30 - 10.30	Aerobics	Zulma
10.30 - 11.15	Fitsteps	Amanda
11.30 - 12.30	Pilates*	Amanda
13.00 - 14.15	Yoga	Michelle
18.00 - 19.00	Precision Strength	Emma
19.15 - 20.15	Total strength	Joseph

## THURSDAY

07.00 - 07.30	Box-a-blast	Matt
07.30 - 07.50	Box-a-blast Abs	Matt
09.30 - 10.15	Zumba	Steve
10.00 - 10.45	Water fit	Tony
10.30 - 11.30	Total Strength*	Lee
11.30 - 13.00	Yoga*	Rosemary
13.30 - 14.30	Pilates	Michelle
18.00 - 19.00	Legs, bums, tums	Mandy S
19.30 - 20.15	Water fit	Lee/Georgia

## FRIDAY

07.15 - 08.00	Circuits	Gym Team
09.30 - 10.30	Body sculpture*	Brett
10.30 - 11.30	Dance fusion	Kate
11.30 - 13.00	Mindful yoga	Heather
18.00 - 19.00	Pilates	Kate

## SATURDAY

09.30 - 10.30	Outdoor bootcamp	Matt
10.00 - 11.00	Step and sculpt	Mandy S
11.00 - 12.00	Legs, bums, tums	Mandy S
12.30 - 13.30	Precision strength	Jon
14.00 - 15.30	Mindful yoga	Victoria

## SUNDAY

10.30 - 10.50	Abs-olute core!	Gym Team
11.00 - 11.45	Body blast circuit	Gym Team

# Studio class descriptions

ABS-OLUTE CORE!	Increase your core strength and shape up for the summer with this twenty minute high intensity workout, hitting your abs from all angles. The perfect quick addition to any weekly routine!
BODY BLAST CIRCUIT	This session focuses on high intensity interval training. It works the whole body using body weights and bands. If you are short of time but want maximum results, this is the class for you.
BODY CONDITIONING	A complete all over body workout involving aerobics and resistance exercises, an energetic fun class to improve overall fitness and tone up.
BODY SCULPTURE	An all over body workout which includes work with body bars, free weights and floor work.
BOX-A-BLAST	A highly intense 30 minute training session aimed to improve your cardiovascular fitness as well as an all-body toning. This consists of pad work, punch bags, speed punching and skipping.
CIRCUITS	These classes combine cardiovascular and resistance work stations in the studio. Strength and endurance are both targeted, which is suitable for anyone who enjoys working up a sweat with some fun.
DANCE FUSION	A dance class involving Broadway jazz and funky moves to name but a few. A fun and energetic class.
FITSTEPS	A dance workout that mixes the graceful steps of Ballroom and the up-tempo steps of Latin to create fun-filled classes where you don't even realise you're getting fit! No step involved and no partner required.
LEGS, BUMS, TUMS	A conditioning class focusing on those key areas.
PILATES	A fusion of western and eastern philosophies, teaches breathing with movement, body mechanics, balance, co-ordination and positioning of the body alignment, increasing strength, mobility and flexibility.
PRECISION STRENGTH	Non-impact slow moves to achieve long strong lean muscles and increased core stability.
STEP CLASSES	For those who want to work hard, the levels indicating the increase in complexity of the moves and choreography.
STEP AND SCULPT	A high intensity workout combining an all over body workout with elements of interval training and step routines.
TOTAL BLAST	A 30 minute high intensity full body workout – a non-stop fast and fun mix of cardio, bodyweight and resistance exercises.
TOTAL STRENGTH	The ultimate studio weights workout! Works on all the major muscle groups. It strengthens and tones muscles like nothing else! Set moves, so suitable for all, this class gets results!
WATER FIT	Eliminates impact and stress on the joints. This class provides a safe and effective conditioning cardiovascular workout. Great for all levels as you get out of it what you put into it.
YOGA	Increase your range of motion, strength and flexibility. Enhance relaxation and reduce tension.
ZUMBA	Zumba literally means "moving quickly and having fun", the Latin American dance styles encourage you to move your body.