

TIMETABLE

healthoutfit

	Monday	Tuesday	Wednesday	Thursday	Friday
06:30-07:00	Prime	GymFit	CycleFit	Burn	CoreFit
12:10-12:50	Circuits	KettleFit	StretchFit	CycleFit	GymFit
13:00-13:30		Tabata		CoreFit	
17:10-17:50	CycleFit	Burn	Circuits	BoxFit	

Workout Description

StretchFit

Relax, stretch off and wind down in this flexibility training-based class aimed at improving your flexibility, posture and joint mobility. Focus on mainly static developmental stretching.



CycleFit

A high energy class for improving your aerobic fitness, power & endurance. Each ride is only as difficult as you want to make it.



GymFit

An effective full body workout which has you in and out of the gym in 40 minutes! You must have completed a gym induction before you can participate in this class

Circuits

The most popular class of all! A great all-round workout with a variety of timed exercises.



Tabata

A fast-paced workout using the traditional Tabata 20/10 timings. Using a mix of bodyweight and equipment-based exercises burn more calories in less time and improve your endurance.

KettleFit

A great full body conditioning workout that uses a variety of kettlebell techniques and bodyweight exercises to give you the best workout.



Prime

Bring both your body and mind into balance! A blend of core, strength and flexibility. Reward your body with a well-deserved recovery session.

BoxFit

The perfect combination of boxing drills and cardio exercises resulting in a fantastic full body workout. Improve your fitness, have fun and let out some stress in this high energy class.

Burn

A full body conditioning class focusing on toning and improving muscular endurance by using a mix of high rep bodyweight and equipment-based exercises. Get ready to feel the burn!



CoreFit

Core conditioning class targets your abs, obliques & lower back. Crunch, twist and plank your way to a stronger core