

# BODYSWISE



## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45AM			WARRIOR (40 MIN) Robin		
9:30AM	WARRIOR (40 MIN) Robin		YOGA (30 MIN) Robin	GLUTE BURN (40 MIN) Robin	FAST BLAST (30 MIN) Robin
10:00AM		Member Session	Member session		Member session
1:15PM		KETTLEBELLS (30 MIN) Robin	FAST BLAST (30 MIN) Robin		
2PM		AQUA (40 MIN) Carole Anne		AQUA (40 MIN) Carole Anne	
5:30PM	WARRIOR (40 MIN) Robin			WARRIOR (40 MIN) Robin	
7:00PM		FAST BLAST (30 MIN) Robin			

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## **ALL CLASSES ARE FOR ALL ABILITIES**

### **WARRIOR**

High paced CIRCUIT training. Exercises, layout and timings often varied, but the intensity stays high. Be prepared to walk out very sweaty.

### **KETTLEBELLS**

30-minute kettlebell workout. Variety of moves targeting strength, balance and cardiovascular fitness.

### **FAST BLAST**

30-minute TABATA using functional & cardio-based exercises to push you in a short space of time.

### **GLUTE BURN**

A high intensity, low impact workout that will burn and build your glutes. With concentrated focus on the lower body and core. Be prepared for squats, lunges, jumping jacks and hip thrusts in a high energy fitness routine.

### **YOGA**

Focusing on strength, flexibility and posture. Yoga is the perfect exercise routine to improve wellbeing.

### **SPIN**

Coming soon, watch this space!