



# SPRING TIMETABLE

## (FEBRUARY - JUNE)



**STRENGTH** – Strength and conditioning classes are the perfect way to gain strength and tone your body. These classes include the use of Barbells, Kettlebells and Cross Core 180 suspension cables.



**ACTIVE** – These classes give you a great cardiovascular workout keeping your body and mind active. Designed to raise your heart rate and leaves you feeling rejuvenated.



**BODY & MIND** – All of these classes are designed for achieving harmony in body and mind. They are a great way to de stress but at the same time increase your strength, Flexibility and suppleness.

DAY	CLASS & TIME	CLASS & TIME	CLASS & TIME	CLASS & TIME	CLASS & TIME	CLASS & TIME	CLASS & TIME	CLASS & TIME
<b>MON</b>	6.45-7.30am <b>ENERGY COMBAT</b> 	9.30-10.15am <b>ENERGY STRENGTH</b> 	10.30-11.15am <b>BUGGYCISE</b> Mum & Baby (new born - 1yrs)		6.30-7.15pm <b>ENERGY KETTLEBELLS</b> 	7.30-8.15pm <b>ENERGY SPIN</b> 	8.30-9.15pm <b>ENERGY HIT/TABATA</b> 	
<b>TUE</b>		9.30-10.15am <b>ENERGY SPIN</b> 	10.30-11.30am <b>ENERGY PILATES</b> 	12.45-1.30pm <b>ENERGY HIT/TABATA</b> 	5.30-6.15pm <b>ENERGY HIT/TABATA</b> 	6.30-7.15pm <b>ENERGY STRENGTH</b> 	7.30-8.30pm <b>ENERGY YOGA</b> 	
<b>WED</b>	6.45-7.30am <b>ENERGY SPIN</b> 	9.30-10.15am <b>ENERGY KETTLEBELLS</b> 	10.30-11.15am <b>ENERGY STRENGTH</b> 			6.30-7.15pm <b>ENERGY SPIN</b> 	7.30-8.15pm <b>ENERGY CORE STRENGTH &amp; CONDITIONING</b> 	8.30-9.15pm <b>ENERGY STRENGTH</b> 
<b>THURS</b>		9.30-10.15am <b>ENERGY COMBAT</b> 	10.30-11.15am <b>BUGGYCISE</b>	12.45-1.30pm <b>ENERGY HIT/TABATA</b> 	5.30-6.15pm <b>ENERGY COMBAT</b> 	6.30-7.15pm <b>ENERGY 'HANG TOUGH' SUSPENSION</b> 	7.30-8.15pm <b>ENERGY SPIN</b> 	
<b>FRI</b>	6.45-7.30am <b>ENERGY HIT/TABATA</b> 	9.30-10.15am <b>ENERGY COMBAT</b> 	10.30-11.15am <b>ENERGY SPIN</b> 		5.30-6.15pm <b>'FUNKY FLAVA' TEEN STREET DANCE</b> 13yrs+	6.30-7.15pm <b>ENERGY SPIN</b> 		
<b>SAT</b>	8.00-8.45am <b>ENERGY SPIN</b> 	9.00-9.45am <b>ENERGY COMBAT</b> 						

