

GROUP TRAINING

ENJOY YOUR CHOICE OF OVER 20 SESSIONS EVERY WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 AM	BOOTCAMP 45 mins	HIIT 45 mins	TRANSFORMATION 45 mins	STRONG 45 mins	TRANSFORMATION 45 mins		
6.30 AM	STRONG 45 mins	BOOTCAMP 45 mins	HIIT 45 mins	BOOTCAMP	TRANSFORMATION 45 mins		
8.30 AM						WEEKEND WARRIOR 60 mins	
9.30 AM						WEEKEND WARRIOR 60 mins	

LIMIT PER SESSION = 8 ATTENDEES



BOOTCAMP

Combining the best of functional training and body weight exercise. Several rotations of exercise stations combined with some hard core cardio. Awesome overall body workout



athleta

24/7 GYM

WEEKEND WARRIOR

A boot camp style of Class – A killer 60 minute workout that is designed to build strength and fitness through a variety of intense group intervals and functional movements.

TRANSFORMATION

Transform your body with a combination of high intensity cardio, strength and core to complete your total body workout.

BANG

STRONG

A full body workout focusing on working you major upper and lower body muscles. You will feel stronger and improve your overall body shape.

BOXING

Exercise like a heavyweight champ in this class that employs jump ropes, heavy bags and other equipment to take you through reflex drills, coordination exercises, footwork, shadow boxing, jump training, and other boxing-inspired forms of cross-training.

2022

H.I.I.T.

A short, intense interval training workout aimed at high reps, low rest and hard work!