

BODYWORK GYM GROUP FITNESS / CLASS TIMETABLE

*timetable subject to change, check our website for our current group fitness timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	XFIT	SPIN	XFIT	SPIN	XFIT		
9.00am	PUMP	YOGA	STEP	YOGA	LADIES FITNESS	SPIN @ 8am	
10.15am	BOXFIT		SIT & BE FIT (term time only) <i>*Gold coin donation</i>				
5.15pm		XFIT	H.I.I.T @ 5.30pm (25 mins)	XFIT	YOGA		
6.15pm	BOXFIT		BOXFIT				

Class descriptions:

H.I.I.T – high intensity interval training, body weight and weighted exercises to get your heart rate up in a short space of time! **Spin** – go at your own pace or allow the instructor to push you to the limit, keep burning calories even after you've left the gym! **Yoga** – stretch, relax and become one with our relaxing yoga sessions.

Pump – use weighted barbells to work your cardiovascular system and muscles! **Step** - a high energy aerobic class is designed to challenge you while stepping to fun choreography! **XFit** – not your typical CrossFit class, we incorporate the general principals to give you a great workout and make you sweat! **Boxfit** – throw on some gloves and raise the heart rate while learning proper technique, correct footwork and enjoy the social aspect boxing offers! **Ladies Fitness** – a great way to keep fit, incorporate TRX, swiss ball and dumbbell work to keep the body mobile and strong!