




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 BOOTCAMP by  <i>*Additional cost</i> <i>*Must Book</i>	XFIT	SPIN BOOTCAMP by  <i>*Additional cost</i> <i>*Must Book</i>	XFIT	BOOTCAMP by  @ 6.30am <i>*Additional cost</i> <i>*Must Book</i>	
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 (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! **BootCamp by 25 to Life Fitness** – runs in 6 week blocks! A fun, social way to reach your fitness goals! Outdoor / indoor training at it's finest! Phone us for more information!