

T I M E T A B L E

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	HIIT	Upper Body Strength	Boxing	Lower Body Strength	HIIT/ Running Crew		
7:00am						Total Body Blitz	
8:00am							
9:00am						Total Body Blitz	Stretch & Mobility
9:30am	HIIT	Upper Body Strength	Boxing	Lower Body Strength	HIIT		
10:45am					Yoga		
5:00pm	HIIT	Core & Stretch 5:30 - 6:00	Boxing	Lower Body Strength			
6:00pm	HIIT	Upper Body Strength	Boxing	Lower Body Strength	HIIT		
7:00pm	HIIT	Upper Body Strength	Boxing	Lower Body Strength			

All sessions run for 60 minutes. Please arrive 5 minutes before the session start time to warm up.

SESSIONS

**HIIT
High Intensity
Interval Training**

These sessions cater to all fitness levels, and our mission is to take everyone no matter where they are starting from and transform their body into the ultimate fat burning machine! We keep your body guessing by playing with work rest ratios and format so you will never do the same session twice.

**Fit Shop
Strength**

These iron-pumping sessions are great for building lean muscle, increasing muscle strength, endurance and toning up those stubborn areas. Lean muscle is the key to increasing your metabolism for long-term weight loss success. Tuesday sessions are focused on upper body and Thursdays lower body.

**Fit Shop
Boxing**

The Fit Shop Boxing is based on a foundation of good technique to give you an insane workout! You can expect to get your heart pumping and a huge calorie burn from these sessions, whilst having a great time. The sessions are varied week to week with pad work, kickboxing and heavy bag sessions.

Running Crew

Friday morning Running Crew includes a combination of interval sessions at the track, long runs, beach runs and stair runs (hill sprints) etc. Keep an eye out for emails for the location each week or ask one of our trainers. We will also educate runners on the best ways to warm up the body with dynamic stretching followed by some plyometrics, technique specific drills and recovery methods. Everyone is welcome from beginners who want to learn how to run to advanced runners who want to take it to the next level.

**Total Body
Blitz**

Total Body Blitz is all about adding variety, shocking your system and using all fitness aspects to take your results to the next level. You will experience a mix of strength training, cardio, core work and sometimes even boxing! It's the best way to start your weekend and get some calorie credits as well!

Core & Stretch

These 30 minute sessions focus on activating the deep core muscles, hip and glute muscles, whilst also improving flexibility and balance. This session is suitable for all participants and allows you to progress at your own level.

**Stretch &
Mobility**

To get the best results its not always about smashing it. These 45 minute sessions focus on getting some balance in your training week.. Each week will be a different focus to work on your range of motion and posture to ensure you are getting the most out of your training and reducing the risk on injury. Sessions can include working on myofascial release drills and stretches to working on your squat range and technique.

Yoga

These yoga classes are aimed to strengthen, tone and repair the body. Our Yoga instructors specialise in Yoga therapy for injuries and disease and are qualified to design a yoga practice which is suitable for all students'

needs/limitations.