



Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	BoxFit	PowerStretch	CardioFit /Hiit	BoxFit	BodyTone	
8:00am						BoxFit
8:30am		PowerStretch		PowerStretch		
9:00am	CardioFit /Hiit		BoxFit		BodyTone	
6:15pm	BoxFit	BodyTone	CardioFit /Hiit	BodyTone		

CardioFit - The ultimate outdoor training session for building maximum fitness, burning calories and increasing endurance. This session ensures massive cardio variety using different terrain, intervals, games, buddy cardio and cross training - catering for the first time exerciser to the super fit and marathon runner.

BodyTone - The ideal full body strengthening and sculpting session, BodyTone is designed to improve muscular strength and endurance, body shape and postural stability. Just like cardio, muscle toning is a pretty essential aspect of any successful training program.

BoxFit - The empowering outdoor cardio and strength session combining boxing, kicking and self defence techniques. Punch, kick and jab your way through a fun and highly motivating session that will calorie burn, build strength and leave you with a healthy sense of achievement – no previous experience required.

PowerStretch - A dynamic strengthening and stretching session enhancing muscle tone, core strength and flexibility. Inspired by Pilates and yoga, this session will tone your body, provide postural strength, injury prevention, flexibility, balance, clear the mind and relieve stress.

Hiit - Our High Intensity Intervals Training (HIIT) sessions will get your heart pumping. These sessions incorporate repeated, short bursts, of high intensity exercise, alternating with rest periods. Our HIIT sessions are exciting and energising workouts, helping you to burn calories and increase your metabolism whilst making you stronger. You will use lots of different equipment as well as body weight exercises for variety. All fitness levels are welcome at our HIIT sessions.