



# STUDIO 2

## GROUP FITNESS TIMETABLE

WINTER 2019-2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Box Fit</b> 11:00 - 11:30 Intensity Rating * * *	<b>HIIT (Cardio)</b> 10:30 - 11:00 Intensity Rating * * * * *	<b>Abs &amp; Back</b> 9:30 - 10:00 Intensity Rating * * *	<b>Box to Box</b> 10:00 - 10:30 Intensity Rating * * * *	<b>Bootcamp</b> 10:00 - 11:00 Intensity Rating * * * *
<b>Bootcamp</b> 18:30 - 19:30 Intensity Rating * * * *	<b>HIIT (Cardio)</b> 17:30 - 18:00 Intensity Rating * * * * *	<b>Box Fit</b> 19:00 - 19:30 Intensity Rating * * *	<b>Bootcamp</b> 18:30 - 19:30 Intensity Rating * * * *	



## CLASS INFORMATION

### HIIT

High Intensity Interval Training. Prepare to work hard in a class that ticks all boxes and achieves all goals. Warning 30mins is more than enough for this class.

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### ABS & BACK

30 minute core workout hitting all elements of abdominals and lower back, perfect for those hard to reach areas.

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### BOOTCAMP

A fun class designed to work your entire body using military cardio and resistance exercises, this class is outdoors so wear appropriate clothing.

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### BOX TO BOX

A half hour HIIT class involving both boxing and plyometrics. It will test your cardiovascular, power, strength and endurance throughout the 30 minutes.

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### BOX FIT

30 minute full body workout incorporate a elements of boxing, resistance, and cardio exercises.

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