


The Juniors Fitness Centre Class Timetable – WEEK 4 7/1/19 – 13/1/19

	6am	8am	8:10am	9am	9am	10am	11am	12pm	4pm	5pm	6pm		7pm	8pm	
M O N 7	6 & 630 Rush Hour (30m) Michael	Vinyasa YOGA Sheraz	Aqua Spiro	Shape Lana	MUST BOOK 	Beginner Pilates Nicole	Power for Seniors Exercise Nicole	YOGA Perri				Fitness Spiro	6:10 Aqua Lana	7:15 YOGA Suzanne	
T U E 8	Dynamo W'Out Jodie			Aqua Spiro	Pilates Steve	TBT Jodie		YOGA Sheraz	Fighting Fit Danya	Cross Trainer Alison		Shape Alison		YOGA Suzanne	
W E D 9	Fighting fit Michael	Dynamic Vinyasa Yoga Sheraz	Aqua Alison		Beginner Pilates Arafat	Cross Trainer Lou	Strength 4 Seniors Lou	YOGA Perri		Shape Jodie		Fitness Danya	Aqua Spiro	Beginner Pilates Steve	
T H U 10	6 & 630 Rush Hour (30m) Michael	YOGA Cath		Aqua Lana	Gentle Exercise Jodie	TBT Lana	Pilates Bella	YOGA Suzanne			TBT Spiro	Cross Trainer Spiro		Pilates Steve	
F R I 11	Box n Tone Michael	YOGA Georgie	Aqua Alison		Pilates Alison	Fat Burner Lou	Strength 4 Seniors Lou	YOGA Suzanne		MMA X FIT Danya		Fighting Fit Danya		YOGA Catherine	
S A T 12		Fighting Fit Paul			9:15 Pilates Alison	10:15 YOGA Alison				3:30 Beginner Pilates Arafat		GYMNASIUM CLOSSES AT 6:00PM SATURDAY			
S U N 13		Dynamo Workout Henry			9:30 Beginner Boxing Danya				YOGA Despina			GYMNASIUM CLOSSES AT 6:00PM SUNDAY			



Class Descriptions

Fighting Fit - A challenging cardio workout which provides great upper body toning, using boxing gloves and pads. Suitable for intermediate to advanced fitness levels.

Cross Training - A class offering a variety of Hi/Lo aerobics, step & muscle toning. Basic movements. Suitable for intermediate to advanced fitness levels.

TBT - Tum/Bum/Thigh - Tone these areas using controlled and selective movements. Minimum co-ordination required. Suitable for all fitness levels.

Rush Hour (30m) – A high intensity workout for those who have limited time.

Shape - Group resistance training using body bars, dumbbells & steps. Changes your body shape while increasing strength & muscle endurance. All levels of fitness.

Fat Burner - Using basic aerobic & toning exercise designed to keep you working in the correct fat burning zone. Suitable for all fitness levels.

Pilates - A unique mat class consisting of stretching & strengthening which greatly improves posture, flexibility & balance.

Fitness - No frills workout with weights, body bars, dumbbells & steps. Suitable for low to advanced fitness levels.

Aqua - A fun workout combining muscle toning with cardio vascular conditioning without the stress on joints. Suitable for beginners to intermediate fitness level

Dynamo Workout – Ultimate cardio and strength workout. A challenging no frills sweatathon using weights, tyres, ropes, suspension trainer and body weight exercises.

Gentle Exercise – Light exercise for the seniors

Combat Fitness – Combination of boxing & MMA without body contact.

Power For Seniors – For seniors who like a little more of a challenge.

Yoga – Hatha and Vinyasa styles.

MMAFIT – MMAFIT is a non combative, high intensity group fitness experience designed on exercise and techniques found in MMA. Suitable for males & females at all fitness levels.

Foam Roller– Helps release fascia trigger points, reduce muscle tension and reduce muscle soreness.

Body Sculpt – A non- impact class using free weights, combining both isolation and compound exercises as well as core activation to sculpt, strengthen and condition the entire body.