

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Functional 40 7 - 7.45am	HIIT 7 - 7.45am	Functional 40 7 - 7.45am	Kettlebell Conditioning 7 - 7.45am	Kettlebells Strength & Skills 7 - 7.45am	Bootcamp 8 - 8.45am	
Yoga 9.15 - 10.15am	Glute Workout 9.15 - 10am	Functional 40 9.15 - 10am	Bootcamp 9.15 - 10am	HIIT 9.15 - 10am	Yoga 9 - 10am	
	Yoga 4 - 5pm			Yoga 4 - 5pm	Body Sculpt 10 - 11am	
Kettlebells Strength & Skills 5 - 5.45pm	HIIT 5 - 5.45pm	Functional 40 5 - 5.45pm	Glute Workout 5 - 5.45pm	Functional 40 5 - 5.45pm		
Kettlebell Conditioning 6 - 6.45pm	Body Sculpt 6 - 6.45pm	Functional Bodybuilding 6 - 6.45pm	HIIT 6 - 6.45pm	Functional 40 6 - 6.45pm		
Glute Workout 7 - 7.45pm	Kettlebells Strength & Skills 7 - 7.45pm	Yoga 7 - 8pm	Weightlifting Technique 7 - 7.45pm			

**FUNCTIONAL 40** - A constantly varied, high intensity class composed of lots of functional fun movements. All designed to get the heart rate up and burn a ton of calories!

**YOGA** - Deep relaxation class including breath control, simple meditation, and the adoption of specific bodily postures.

**KETTLEBELLS STRENGTH & SKILLS** - A class dedicated to the exercises unique to the kettlebell whilst building full body strength with this versatile piece of equipment. A slower paced class to kettlebell conditioning, focusing on the specific techniques and incorporating them into a challenging workout.

**GLUTE WORKOUT** - A class to build strong and shapely glutes and lower body. A combination of resistance and body weight exercises focusing on building lower body lean muscle with functional strength.

**KETTLEBELLS CONDITIONING** - A full body workout combining endurance, strength, power and flexibility work to improve total body strength and stamina. This class will help improve total body strength and condition, posture, core strength, aerobic fitness and burn a whole load of calories!

**BOOTCAMP**- A fun circuit style class that's high in intensity. The workout is aimed at improving aerobic fitness and functional strength, combining a variety of resistance stations, weights with body weight exercises.

**BODY SCULPT** - A full body weights workout aimed at building lean muscle and shape whilst burning fat. Using a combination of compound and isolation exercises, focusing on time under tension, mixing up straight, super, tri and giant sets to target specific body parts to feel the burn!

**HIIT** - Join in on a high-intensity interval training aimed to build strength, agility and fitness levels through short bursts of different exercises.

**WEIGHTLIFTING TECHNIQUE** - Workshop style class focusing on multi joint compound exercises. Covering the specifics of one exercise per class, how to use a variety of equipment for the exercise, exercise variations, progressions, mobility and incorporating the exercise into a workout. A class for beginners to boost confidence with weightlifting or for the more experienced looking to expand their knowledge.