

# THE **HIT** ROOM

## CLASSES TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HIIT CIRCUIT</b> 7:30 – 8:00am	<b>10 / 10 / 10</b> 7:30 – 8:00am	<b>HIIT CIRCUIT</b> 7:30 – 8:00am	<b>10 / 10 / 10</b> 7:30 – 8:00am	<b>HIIT CIRCUIT</b> 7:30-8:00am	<b>HIIT CIRCUIT</b> 9:00 - 9:30am	
				<b>PILATES</b> 11:00 - 12:00pm ★		
<b>ABS BLAST</b> 1:30 - 2:00pm		<b>CARDIO ABS</b> 1:30 - 2:00pm		<b>HIIT CIRCUIT</b> 1:30 - 2:00pm		
<b>HIIT CIRCUIT</b> 6:00 - 6:30pm	<b>YOGA</b> 6:00 – 7:00pm					
<b>KETTLEBELL</b> 6:30 - 7:15pm						
<b>KETTLEBELL</b> 7:30- 8:15pm						
	<b>HIIT CIRCUIT</b> 8:00 - 8:30pm	<b>HIIT CIRCUIT</b> 8:00 - 8:30pm	<b>HIIT CIRCUIT</b> 8:00 - 8:30pm	<b>HIIT CIRCUIT</b> 8:00 - 8:30pm		

## FITNESS CLASSES

We have a range of fitness classes to suit you. To ensure our timetable is current, classes will be subject to change following latest trends and attendance levels, however they will include the following:

### HIIT (HIGH INTENSITY INTERVAL TRAINING)

This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind.

#### 10 / 10 / 10

This class is a great workout for all. 10 minutes of cardio, followed by 10 minutes of strength training and finally 10 minutes of toning. It's a great all-round class to give you a fullbody workout.

### ABS BLAST

ABS Blast offers a fantastic abdominal workout where you can seriously feel the burn. The core stability tailored workout will tone your front, lower back and sides giving you a complete abdominal workout.

### KETTLEBELLS

Kettlebells offer a different kind of training using dynamic movements which target almost every aspect of fitness, endurance, strength, balance, agility and cardio endurance.

### PILATES

Balance your body. A workout designed to develop core strength and flexibility through moves that focus on co-ordination and relaxation using slow movements.

### LOW INTENSITY CIRCUITS

A resistant based circuit workout at a lower intensity. This workout will target all muscle groups and increase your overall fitness level giving you a balanced workout.

### CARDIO & ABS

This class is a fantastic mix of cardio and ABS toning and core work. It is an extremely effective overall workout toning your abs and giving you a cardio burn, this movement makes muscles stronger and stronger muscles make for a more efficient and healthy body.

### AQUA AEROBICS

A cardio and resistance based workout performed in the pool. A brilliant fun way to improve your fitness levels and tone up.