

CARRUM DOWNS TIMETABLE

STUDIO 1 & SPIN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15AM	SPIN	BOXING	PILATES		SPIN	BOOTCAMP 8.45AM	
9.30AM	PILOXING	BOOTCAMP	ZUMBA	SPIN	ROCKBOTTOM	PILATES	YOGA
	TXT 0429 981 569 FROM 7AM TO BOOK IN YOUR SPOT FOR EVENING CLASSES						
5.30PM	SPIN	TURBO BOX	SPIN/RIP (FUSION)	SPIN			
6.15PM	ROCKBOTTOM	YOGA	ZUMBA 6.30PM BOXING 7.15PM	PILATES			

CLASS DESCRIPTIONS

BODY RIP

A CLASSIC BARBELL AND HAND WEIGHT CLASS THAT WILL TONE, SHAPE & STRENGTHEN YOUR ENTIRE BODY

BOOTCAMP

STRENGTH AND CONDITIONING STYLE WORKOUT THAT INCORPORATES BODY WEIGHT MOVEMENT WITH VARIOUS EXERCISE STATIONS

BOXING

A FOCUS PAD BASED WORKOUT COMBINING IMPACT & CARDIO TRAINING. - (TURBO BOX IS THE EXPRESS VERSION 30MIN)

PILATES

HAS A FOCUS ON THE CORE, BUILDING STRENGTH AND HELPS TO DEVELOP LEAN MUSCLE TONE. IF YOU FEEL YOU HAVE TRIED EVERYTHING TO GET THE BODY YOU WANT WITHOUT SUCCESS, PILATES WILL ASTOUND YOU.

PILOXING

PILOXING IS A CARDIO FUSION OF PILATES, BOXING AND DANCE.

ROCK BOTTOM

A BODY WEIGHT WORKOUT DESIGNED TO TARGET THE LOWER BODY THROUGH PLYO AND CARDIO MOVEMENTS

SPIN

AN INDOOR CARDIO WORKOUT ON A STATIONARY BIKE. DESIGNED TO GET THAT HEART PUMPING AND TO SHRED THOSE CALORIES

SPIN/RIP (FUSION)

1 HOUR CLASS - A 30 MINUTE SPIN EXPRESS WORKOUT FOLLOWED BY 30 MINUTES OF BODYRIP

YOGA

BUILDS FLEXIBILITY AND STRENGTH WHILE MAINTAINING FOCUS ON GOOD ALIGNMENT AND SOUND STRUCTURE. UNITE BOTH YOUR BODY AND MIND IN THIS AMAZING 1 HOUR CLASS

ZUMBA

A FUSION OF LATIN AND INTERNATIONAL MUSIC/DANCE THEMES THAT CREATE A DYNAMIC, EXCITING WORKOUT. COME JOIN THE PARTY!

SMALL GROUP PT SESSIONS \$10 EACH TXT TO BOOK

ELLE 0423 163 517- SMALL GROUP PT - TUE & THU 10.30 AM (45MIN)

DANCEFIT - LAST FRIDAY OF THE MONTH 6.30PM (45MIN)