

Salamander Bay Timetable

Call 0435 045 361 for more INFO

Studio I & Spin

Class Descriptions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00am	i-FIT HIIT STRENGTH	X-Spin <i>30 MIN</i>	i-Fit HIIT CARDIO	X-Spin <i>30 MIN</i>	i-Fit HIIT FUNCTIONAL	Boxing* 6:15am X-Spin 7.00 AM
8.45am	Freestyle Aerobics HIIT	Freestyle Step	Freestyle Aerobics Resistance	Fatburner Step	Stretch*	
9.30am	Body Rip	Body Combat	X-Spin <i>30 MIN</i>	i-Fit HIIT CARDIO	Boxing	Zumba <i>9.15 AM</i>
10.30am	Fit & Fab* 10.45am		Fit & Fab*	Seniors	Zumba	
		Bayfit Kids		Bayfit Kids		
6pm	Body Combat	Carly's Fat Burner	i-Fit HIIT STRENGTH	Body Rip		
7pm	STRETCH YOGA FUSION			Yoga		

i-Fit HIIT

*High intensity interval training program
45 mins of functional training*
This class will be sure to burn a heap of calories, while strengthening your whole body

Zumba

High intensity cardio. Full body
Inspired by Latin dance, mixing effective body sculpting movements with easy to follow dance moves. Come and join the Zumba party!

Freestyle Aerobics

High intensity workout
Combining a mixture of different posture and dance moves to the latest dance music.

Body Rip

All over body workout
An all over body workout using barbells and weight plates. The class that will keep you coming back for more.

X-Spin

30 mins high intensity interval training
High intensity workout on a stationary bike. This class is suitable for members with injury

Freestyle Step

High intensity using a step box
A great fun class based on Freestyle moves while using a step box

Carly's Fatburner

& Butt HIIT Workout
Plyometric/Body weight workout. Done to the latest dance music.

Body Combat

No contact martial arts
Kick and punch your way to a whole new fitness level. The results speak for themselves

Yoga

Improve flexibility
Designed to improve physical strength, flexibility, posture and enhance your mental awareness.

***NOTE: Classes marked with an * incur an additional fee of \$5 for iGym members and \$10 for non members!**