



# CITYSIDE CLASS TIMETABLE

JANUARY - MARCH 2019

## ACTIVITY KEY

- Strength
- Cardio
- Total Body Conditioning
- Mind & Body
- HIIT
- Boxing

	MORNING			MID DAY	EVENING								
MON	6.15-7.00 GYMCO WARRIOR		9.30-10.15 GYMCO WARRIOR	10.20-10.50 CX WORX		5.30-6.00 SWEAT BOX	5.45-6.45 BODY PUMP™	6.00-6.45 STUDIO CYCLE	6.55-7.40 STEVIE'S CIRCUITS	7.00-7.30 SPRINT	7.45-8.45 PILATES		
TUE	6.15-7.00 BODY PUMP	7.05-7.35 GYMCO HIIT	9.30-10.15 STUDIO CYCLE			5.45-6.30 STUDIO CYCLE	6.00-6.30 GRIT™	6.40-7.10 CXWORX	7.15-8.00 GYMCO CIRCUITS				
WED	6.30-7.15 STUDIO CYCLE		9.30-10.15 BODY PUMP™		12.45-1.15 SPRINT	5.30-6.00 SWEAT BOX	5.45-6.30 BODY PUMP™	5.45-6.30 STUDIO CYCLE	6.40-7.10 CXWORX	7.15-8.00 STEVIE'S BOXING CIRCUITS			
THU	6.15-7.00 STEVIE'S CIRCUITS		9.00-9.40 STEVIE'S BOOT CAMP	9.45-10.30 STUDIO CYCLE		6.00-6.45 BODY COMBAT	6.00-6.45 STUDIO CYCLE	6.50-7.20 GRIT™	7.30-8.30 YOGA				
FRI	6.30-7.00 SPRINT	7.05-7.35 CX WORX			12.45-1.15 SPRINT	5.30-6.15 STUDIO CYCLE	6.15-7.00 STEVIE'S CIRCUITS						
SAT		8.15-9.00 BODY PUMP™	9.15-9.45 SPRINT										
SUN		9.45-10.15 SPRINT	10.25-10.55 CXWORX/ CORE CIRCUITS	11.00-12.00 YOGA									



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- **Stevie's Circuits** – Taught by N.I. Health and Fitness Awards Finalist Stevie Irvine, this workout will get you toned and burning heaps of calories due to its combination of resistance, cardio and core exercises. You can get a lot done in 45 minutes.

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- **Stevie's Bootcamp** – This Circuit style workout based on military techniques, along with Stevie Irvine's expertise is guaranteed to challenge both your mental and your physical strength. Are you tough enough?

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- **Stevie's Boxing Circuits** – Boxing meets Conditioning with Stevie Irvine's Fight-style fitness class. You'll train muscles in a similar way to boxers while getting some frustration out on the boxing pads. This will leave you like a Champion

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- **BODYPUMP™** - The Original Barbell workout that strengthens and shapes your entire body. Using the REP EFFECT™ -light weights, high reps- you will feel the change happening instantly.

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- **LES MILLS SPRINT™** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

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- **LES MILLS GRIT™** is a 30-minute high-intensity interval training (HIIT) based workout, designed to make you perform like an athlete. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.

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- **CX Worx** - Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favourite sports - it's the glue that holds everything together.

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- **BODYCOMBAT™** - Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories\* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. You'll release stress, have a blast and feel like a champ.

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- **Studio Cycle** – This indoor cycling experience is an incredible way to get fit and burn lots of calories. You'll be taken on a journey away from the gym, over hills, along open roads, down fast descents and on to a fitness high like no other.

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- **GymCo Warrior** – Are you up to the challenge? GymCo Warrior combines bodyweight, resistance and cardio training in this Bootcamp/Crossfit style workout. You will be pushed to your limits with some innovative workout ideas from our own fitness team.

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- **Sweat Box** – A 30 minute workout that will teach you the skills of a boxer as well as give your body a great conditioning workout. Using Padwork, Bag work & a mix of bodyweight exercise straight out of the boxing gym, you'll be in champion shape in no time.

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- **Yoga** – Originating from Ancient India, Yoga is made up of a series of poses, meditation and breathing techniques to give you greater control of the body and the mind as well as improving flexibility and mobility.

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- **Pilates** – Focusing largely on correct breathing, spinal and pelvic alignment and a concentration on smooth flowing movements this is class is the perfect way to strengthen your core and develop a powerful posterior chain.



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