Group Fitness Timetable

November 2021

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Legend
	5:30					FCT		
	5:45	meta		FCT				MIND BODY
	7:00							
	7:30						TRX	
	8:00			active 50	🤹 YOGA			CYCLE
я 2	8:30					CYCLE 45mins	BODYSTEP 45 mins	
)	9:00	PUMPCYCLEEXPRESS45mins	KiMax	CYCLE 30 mins CYCLE			CYCLE 45mins	BOXING
5	9:15				TRX			
	9:30	BODYSTEP Gentle Yoga		CVMBA fitness				
	10:00		EODYPUMP					
1	10:30	PILATES 45mins		BARRE 45mins				
	11:00		yoga			🙏 YOGA 10:45AM		
5	4:15			Beginner's Boxing			ALL CLASSES NEED TO BE	
	4:30		Beginner's Kickboxing				BOOKED TO	
	5:00	metafit. Boxing	Thai Boxing	Thai Boxing	Thai Boxing		SECURE YOUR SPOT	
	5:30		CYCLE 45mins	BODYSTEP CYCLE 45mins				
	6:00	LESAMLES BODYPUMP 45mins			BODYATTACK.			
	7:00	BARRE 45mins						
	7:45	PILATES 45mins						(日本)が日 (4年)が1441
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A power circuit class using functional equipment and exercises to work muscle and boost metabolism.



Metafit is a style of HIIT and is designed to boost your fitness, rocket your energy levels & get massive results in the shortest amount of time possible.



FCT is a combination HIIT, Task and timed based training routines. Focusing on Human body's everyday movement and sports specific movements.



TRX is a method of bodyweight exercise performed with a suspension cable. Safely perform hundreds of exercises that help build power, strength, flexibility, balance and mobility.



A Practicing YOGA helps bring strength, flexibility, openness, enhanced vitality and an ability to focus in the present.



CORE (fmly CXWorks) - inspired by elite athletic training principles CORE is a scientific core workout for incredible core tone and sports performance. Building strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention.



BODYATTACK is a high-energy fitness class with moves that cater for total beginners to total addicts. Combining athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats.



BODY STEP is the energizing step workout that makes you feel alive. Using a height adjustable step and simple movements on, over and around the step, this class is very effective.



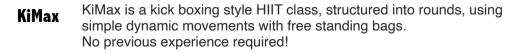
BODY PUMP is the ideal class for muscle conditioning, shaping, toning and for increasing strength, stamina and bone density.



A ZUMBA is a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosting energy.



Dynamic fusion of ballet, Pilates and fitness with special attention to the legs, butt and arms.





PILATES is a great method for developing and strengthening core & lower
back muscles. Pilates improves posture, balance, mobility & stability.



BODYJAM is a cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles & hottest new sounds.



CYCLE focuses on a mix of endurance, strength, intervals, high intensity and recovery tracks and is proven to burn lots of calories.



Meditation - Calm your mind, settle your body and find a softer focus to your day

Beginner's
BoxingEssential if new to Boxing, a younger member or needing to up-skill before moving
to Novice Class. Focus is on correct stance and punching techniques

Beginner's Essential if new to Kick-boxing / Muay Thai, or needing to up-skill before moving **Kickboxing** to Thai Boxing Class. Focus is on kicking techniques.



Learn Boxing technique and drills under the watchful eye of Matt Cashmore and his team. A mixture of boxing, kickboxing and Muay Thai. A great Novice to intermediate class.