



TEAM FITNESS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
9:30 AM	FLEX & STRETCH	MZ BURN	CENTRAL PARK	FLEX & STRETCH	BOXFIT EXPRESS
6:30 PM	CENTRAL PARK	HIIT UPPER BODY RICHMOND	10 ROUNDS	HIIT LOWER BODY RICHMOND	

CLASS DESCRIPTION

Central Park - This class is designed to achieve fast results in no time . A mix of functional and cardio training to burn fat, get strong and take your fitness to the next level.

HIIT - Medium to high intensity workouts that takes you into overdrive to go hard and get you fitter, superfast! . Each class targets different muscle groups to really focus on building muscular endurance, shredding fat, gaining power and strength.

Boxfit Express - Explosive cardio infused 30 min class based on the principles of kickboxing and punch. Great for calorie burning and improving your fitness level.

10 Rounds - Experience a new world of exercise, based on 3 min rounds. Incinerate calories with a combination of total body strength, kickboxing and cardio intervals. It's a workout that will leave you feeling challenged, motivated and ready to come back for more.

Flex & Stretch - Ideal for anyone wanting to improve flexibility and increase core strength, while reducing stress levels. Using Yoga based principles that will enhance your mind, body and life.

MZ Burn - A total body workout paired with Myzone technology to ensure you maximise your workout. Myzone will measure your heart rate and performance data as evidence of a job well done!