

GROUP FITNESS TIMETABLE

Effective from 13th NOVEMBER 2017

Burnie Centre Opening Hours:

Opening Hours

Monday - Sunday

5:30am until 11pm (access card)

Staffed Hours

Monday:

11:30am until 6:30pm

Tuesday:

1:30pm until 6:30pm

Wednesday:

11:30am until 6:30pm



MON	TUES	WED	THURS	FRI
12:10pm 45 HIIT		12:10pm 50 yogalaties		
4:15pm 40 FAT BURNER	4:15pm 40 ATB	4:00pm 30 Chillax		
5:15pm 45 CROSSPUNCH	5:15pm 45 BOOTCAMP	4:30pm 30 PILATES.		
		5:15pm 45 TONE		

ATB

(Abs, Thighs and Butts) this 30min class is designed to strengthen, tone and shape the core and lower body. Suitable for all fitness levels.

BOOTCAMP

Get in to the shape of your life with these drills! Combining cardio, resistance and varied intensity!

CHILLAX

Melt away stress and tension, focusing on breathing, gentle relaxation and exercises to release and rejuvenate the body and mind. Perfect for students and people wanting a release.

CROSSPUNCH

Group boxing using various boxing techniques and combinations, drills and conditioning exercises. A great cardio workout for beginners and intermediates.

FAT BURNER

A mix of high energy aerobics, step and intensity training to burn calories and melt the snow! Suitable for all fitness levels.

HIIT

High intensity interval training. Guaranteed to make you work hard. Strength and conditioning based, these classes vary, but included battle ropes, kettlebells, dynamic body weight movements, weight and cardio training.

PILATES

Pilates will help build strength, endurance and flexibility while improving your balance and core. Perfect for all fitness levels.

TONE

Resistance training for the whole body focused on muscular endurance. Suitable for all fitness levels.

YOGALATIES

This blend of Yoga and Pilates aims to increase flexibility, pelvic floor strength, core stability and postural awareness with a focus on balance and breath.