

GROUP FITNESS TIMETABLE

Effective from 11th SEPTEMBER 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 50 		12:10pm 50 		
4:15pm 40 	4:15pm 40 	4:00pm 30 		
5:15pm 45 	5:15pm 45 	4:30pm 30 		
		5:15pm 45 		

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.

CROSSPUNCH COMBO

A unique cardio based blend of boxing, kickboxing, aerobics and intensity training suitable for all fitness levels!

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.

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.

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