

GROUP FITNESS TIMETABLE

Effective from 18th JULY 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 TONE		12:10pm 50 yogalaties		
4:15pm 40 STEP	4:15pm 40 ATB	4:00pm 30 Chillax		
5:15pm 45 CROSS PUNCH	5:15pm 45 TONE	4:30pm 30 FAT BURNER		
		5:15pm 45 HIT		

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.

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.

HIT
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.

STEP
High energy freestyle step to burn calories and tone the legs and glutes. Fun and suitable for all fitness levels.

TONE
A resistance based class focusing on strengthening and toning all the muscle groups in the body.

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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