

TOOWOOMBA



Monday

Tuesday

Wednesday

Thursday

Friday

**5:30
AM**

**Circuit
Training**

**Strength &
Conditioning**

**Full Body
Blast**

Cardio

Boot Camp

**7:30
AM**

**Low Impact
Chair Stretch**

**Low Impact
Strength**

**Core & Cardio
Fit**

**9:00
AM**

**Low Impact
Chair Stretch**

**Low Impact
Strength**

**Low Impact
Cardio H.I.I.T**

**Low Impact
Boot Camp**

**12:00
PM**

**Circuit
Training
(40 min)**

**Strength &
Conditioning
(40 min)**

**Tabata
Power
(40 min)**

**Bootcamp
(40 min)**

**Box Fit
(40 min)**

**12:00
PM**

Pilates

Pilates

Pilates

**5:00
PM**

Yoga

**Restorative
Yoga
(In Tennis Centre)**

HathaYoga

**5:30
PM**

Pilates

**6:00
PM**

**The Works
Hiit**

Boot Camp

**Circuit Fit
Fun**

**Strength &
Conditioning**

All classes run for 50 minutes unless otherwise stated



Class Descriptions

Bootcamp	A military influenced group workout conducted either indoors or outdoors, using a variety of strength training, cardio and agility exercises.
Boxfit	A fitness-based class combines traditional boxing techniques with bodyweight exercise to provide you with a calorie incinerating workout.
Circuit Fit Fun	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
Circuit Training	Targets different muscles with minimal rest in between for the best results. It's fun way to not only build muscle strength, but also improves cardio fitness & agility.
Core & Cardio	This class focuses on cardiovascular and strengthening the core, using a mix of exercises to create an intense workout while testing your fitness.
Full Body Blast	Anything from full cardio mixed with strength creating a full body workout that helps condition your body and increase your fitness.
Low Impact Bootcamp	A team-based group workout, using a variety of strength, cardio and agility exercises. Is suitable for beginners, seniors and those with injuries.
Low Impact Chair Stretch	A combination of a yoga pilates style class. To help improve flexibility and balance.
Low Impact Cardio H.I.I.T	For beginners, seniors and those with injuries. This high-intensity class helps with body conditioning, strength, and muscular endurance.
Low Impact Strength	Full-body strength session. Suitable for beginners, seniors and those with injuries. Utilising a wide range of techniques aimed at your strength and fitness.
Pilates	Using a wide range of specific muscle activation techniques and controlled contractions. A complete mind and body experience.
Restorative Yoga	A practice of deep gentle stretches supported by props such as blankets and bolsters to allow you to rest completely, relax and surrender.
Strength & Conditioning	A program that will improve your performance over time, help build muscle, boost metabolism and release serotonin which improves mood.
Tabata Power	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
The Works Hiit	Exercises that alternate intense bursts of activity over a 45-minute duration. Helping with cardiovascular fitness as well as body conditioning, strength, and endurance.
Yoga	Balances strength and flexibility to achieve perfect harmony between mind and body. Yoga can help with breathing, posture and calming the mind.
Hatha Yoga	Slower transitions and longer holds allows us to focus on alignment, breath and the movement from one asana to the next. Perfect for beginners and the seasoned Yoga.