

# **BODYWORK GYM GROUP FITNESS TIMETABLE**

timetable subject to change, see website for current timetable [www.bodyworkgym.nz](http://www.bodyworkgym.nz)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	STRENGTH & CONDITIONING	SPIN 60	CIRCUIT	SPIN 60	STRENGTH & CONDITIONING	SPIN @ 7am
9.00am	PUMP FIT	FITNESS FOR ALL	STEP FUSION	EXPRESS 30	FITNESS FOR ALL	
10.15am	BOXFIT	STRETCH WITH TONY @10am (bring own mat and strap)		STRETCH WITH TONY @10am (bring own mat and strap)		
12.15pm – 12.45pm			SPIN 30		SPIN 30	
5.15pm	SPIN 45	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		
6.15pm	BOXFIT with Mel		BOX-TECH with Caydan	BOXFIT with Gareth/Gem		

**Class descriptions:**

**Spin 30, 45, 60** – Spin class can help with overall fitness both on and off the bike! Great for those wanting to keep fit or get fit, quick! Push hard enough and you'll keep burning calories even after you've left the gym! Numbers are indicative of length of time. **Express 30** – a 30 minute all over body workout for those on the go! Follow this up with 30 minutes of cardio to get a full 60-minute workout. **Pump Fit** – the same Pump routines you know and love with some new strength and conditioning exercises to always keep you in tip top condition! **Step Fusion** - high energy aerobic focussed class which combines step and circuit to give you a good all over body workout while being kind to knees and hips! **Circuit** – 45 seconds of work followed by a brief 15 second rest to keep the heart rate pumping and muscles activated! **Strength & Conditioning** – we love it! Strength focused and conditioning focused movements to always keep you in tip top condition! **Box-Tech** – skills and conditioning, a more technical class for those looking for a more advanced combo style of boxing, 2021 Golden Gloves National Champion. **Boxfit** – throw on some gloves and raise the heart rate while learning proper technique, correct footwork and enjoy the social aspect boxing offers! **Fitness for all** – workout first, then coffee! Fitness for all is suited to anyone who likes working out and having a laugh at the same time! Use of weights, body weight and cardio to keep you strong and fit. **Stretch with Tony** – A class of full body healing and maintenance of good health both physically and mentally. Build flexibility, strength and balance with the help of breathwork keeping you in tune with your body. Leave feeling euphoric and energized. A great compliment to any training program.