

BODYWORK GYM GROUP FITNESS TIMETABLE – SUMMER/AUTUMN

TIMETABLE STARTS MONDAY JANUARY 23, 2023. Timetable subject to change, see website for latest information,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	STRENGTH & CONDITIONING	SPIN	EX-PRESS	SPIN	CIRCUIT	SPIN @ 7am
9.00am	EX-PRESS	CARDIO BLAST	STEP FUSION with Nicky	EX-PRESS	POWER HOUR	
10am	BOXFIT with Gareth	STRETCH WITH TONY @10am (bring own mat and strap)		STRETCH WITH TONY @10am (bring own mat and strap)	BOXFIT with Gareth	
12pm			SPIN 30		SPIN 30	
5.15pm	SPIN		SPIN			
6.15pm	BOXFIT with Mel	BOXFIT	CIRCUIT	BOXFIT with Gareth		

Class descriptions:

SPIN combine cardio and endurance in a 45-minute calorie crunching session. Increase your cardio game with this high intensity class. **SPIN 30** is a 30-minute class. **EX-PRESS** (short for 'express press' a 45-minute workout with weights to stimulate muscles and gain strength. **STEP-FUSION** high energy aerobic focused 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 ON, 15 seconds OFF, if you know you know. **STRENGTH & CONDITIONING** a workout with weights followed up with aerobic and muscular endurance conditioning movements, requires a little more from the tank than your usual classes. **CARDIO BLAST** a total body workout based on heart health and improving endurance, cardio machine, and body weight exercises. **POWER HOUR** a combination of weights and cardio for a full 60 minutes. **BOXFIT** bring your gloves, or use ours, boxing is a great way to burn fat and gain upper body strength and is a great stress release! Mel is ex Golden Gloves and Gareth has trained and transformed boxers for years! **BOX-TECH** skills and conditioning, a more technical class for those looking for a more advanced combo style of boxing with Caydan, who holds the NZ Welter Weight National title! **FIGHTERS CLASS** for those determined to get into the ring, please contact us with your interest or pop in and see Caydan. **STRETCH WITH TONY** 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.