

# CLASS TIME TABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30	Realfit	Realfit	Realfit	Realfit	Realfit		Closed
08:00						Boxing	
09:00						Realfit	
09:30	Realfit	Boxing		Realfit	Strength		
10:00						Realfit X	
11:00	Senior	Mum & Baby	Senior		Senior		
11:45					Hatha Yoga		
12:30	Realfit		Realfit		Realfit		
17:00		Family Fitness		Family Fitness			
18:00	Realfit	Realfit	Realfit	Realfit	Realfit		
19:00	Realfit X	Strength	Hatha Yoga	Realfit X	Strength		
	Woman's Lift			Boxing			
	Hatha Yoga						
20:00		Boxing					

## Realfit

The Realfit sessions are our bread and butter to all other sessions we teach. We have members with all levels of abilities and encourage everyone to start their Realfit experience with these sessions.

## Realfit X

Realfit X is one of our most popular classes. The goal of Realfit X is to allow you to experience higher intensity workouts with the Realfit twist.

## Boxing

Boxing is a fantastic way to get fitter with a fun and fast paced workout that will not only help you increase your metabolism to torch bodyfat, but will also improve your co-ordination, power, speed and has a great cardio effect.

## Hatha Yoga

Hatha Yoga is training that helps you recover faster, stretch your muscles, and unwind both your mind and body.

## Strength

Strength will target your squat, bench press, deadlift and overhead press. These lifts will be accompanied with accessory work to help strengthen and tone your whole body.

## Woman's Lift

You will work on the main movements accompanied with key accessory work in a circuit fashion to help keep the session engaging and fun, whilst building key muscles to help you become stronger, fitter and more confident over time.

## Mum & Baby

Mummy and Baby Circuits is a class of Postnatal exercises, designed for new Mums from 6 weeks post-natal, bring your baby and have an energising fun workout in a social group. Tuesdays at 11.00am.

## Family Fitness

Family Fitness is a 45 minute workout for children (ages 6 and above) and adults alike. There will be team work exercises involved as well as individual challenges to overcome to help burn off excess energy and help provide a healthy alternative to post school time.

## Senior

You will be welcomed into a fantastic, supportive group who make your experience both fun and effective. Our coaches keep the sessions varied and will ensure that you get a good workout no matter your experience or current level of fitness.