

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		STRENGTH & CONDITIONING 6.15am – 7am		SPIN & STRETCH 6.15am – 7am		
	EXPRESS SPIN 7.30am – 8am	GROUP CLASS 7.30am – 8.15am				
H.I.I.T. 9.30am – 10am	STRENGTH & CONDITIONING 9.30am – 10.15am	EXPRESS SPIN 9.30am – 10am	STRENGTH & CONDITIONING 9.30am – 10.15am	CORE CLASS 9.30am – 10am	SPINNING 10am – 10.45am	BOXERCISE 10am – 10.45am
AQUA AEROBICS 11am – 11.40am		AQUA AEROBICS 11am – 11.40am		AQUA AEROBICS 11am – 11.40am		GENTLE PILATES 11.15am – 12pm
CIRCUIT 6.15pm – 7pm	EXPRESS SPIN 6.15pm – 6.45pm	BOXERCISE 6.30pm – 7.30pm	H.I.I.T. 6.15pm – 6.45pm	STRENGTH & CONDITIONING 6.15pm – 7pm		
PILATES 7.15pm – 8pm	AQUA AEROBICS 7pm – 7.40pm		AQUA AEROBICS 7pm – 7.40pm			

- **AQUA AEROBICS** - is a pool based, low-impact group fitness session. It gives you a good cardio workout, gently increasing your pulse and breathing rate which makes it great for keeping a healthy heart.
- **H.I.I.T.** – High Intensity Interval Training involves short bursts of intense exercise alternated with recovery periods; it can effectively boost cardiovascular health, burn calories, and improve athletic performance.
- **EXPRESS SPIN / SPINNING** - a group indoor cycling class focusing on speed and endurance.
- **STRENGTH & CONDITIONING / CIRCUIT** - a wide range of exercises developed to build a variety of skills with a focus on mind, mobility, stability, strength, endurance, power, speed, agility & performance.
- **PILATES** – a low-impact exercise method that focuses on strengthening core muscles, improving flexibility, enhancing posture and relieving lower back pain.
- **GENTLE MOVEMENT** – discover the joy of movement and build strength, flexibility, and overall well-being with gentle exercise. Class is suitable for older population or people with injuries.
- **CORE** – the class designed to strengthen the muscles that stabilize and support your abdomen, spine and pelvis.
- **BOXERCISE** - is a high-intensity fitness class that combines the power and intensity of boxing with the cardiovascular benefits of an aerobic workout. Perfect for all fitness levels!

CLASS Bookings

- You can book in for a class at *B.fit* reception or online 24h in advance (*no bookings required for Aqua Aerobics*).

Members: please contact reception if you have not received the class booking link.

- Please arrive on time for your class to ensure you warm up before exercise.
- Wear comfortable clothing.
- Bring a small towel & bottle of water.
- Notify your Fitness Instructor if any injuries, illnesses or pregnant.
- If you cannot make it to a class, **please cancel your booking online** or **call reception at least 1h** prior the class starting time so people on a waiting list can take your spot.

Thank you!

