

SCHEDULE OF CLASSES

October 31st - December 17th, 2016

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
	Main	Spin	Main	Spin	Main	Spin	Main	Spin	Main	Spin	Main	Main
06:15-7:00	Circuit (45) Chuck		6:30 SPINSanity (45) Denton		Combo (45) Shaun				Interval (45) Brian			
07:15-08:00	Strength UPPER (45) Chuck		Quick Core Blast (30) Denton		Strength ALL OVER (45) Shaun		Interval (45) Xande		Strength LOWER (45) Xande			
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09:00-09:45		Spin (45) Nerseh	BlastFIT (45) Shaun		TRX Conditioning (45) Abby			Spin (45) Nerseh	Circuit (45) Abby		9:30 Hustle & Flow (70) Abby/April	9:00 BOOTCAMP (60) Denton
10:00-10:45	Mat Pilates (45) April											Quick Core Blast (30) Denton
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12:10-12:55	Strength ALL OVER (45) Abby	Spin (45) Shaun	Circuit (45) Abby		Mat Pilates (45) April	Spin (45) Abby	Kettlebell/TRX Core (45) Denton		12:00 SPINSanity (55) Denton			
1:10-1:55	TRX Conditioning (45) Abby		Bodyweight (45) Xande		BlastFIT (45) Jadirra		Bodyweight (45) Xande		Power YOGA (45) Ewa - Lucky Elephant			
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5:30-6:15	Interval (45) Brian	5:45 Quick Spin & Mat Pilates (70) April	BlastFIT (45) Brian	5:30 Spin (55) April	Kettlebell/TRX Core (45) Denton	5:30 Spin (55) Dianna	5:30 SPINSanity (55) Denton					
6:30-7:15			Strength UPPER (45) Brian / Chuck		Strength LOWER (45) Xande		Quick Core Blast (30) Denton					



CLASS DESCRIPTIONS

BEYOND BLASTFIT

A cardio based workout with 'blasts' ranging from 5-30 minutes of continuous activity to condition your aerobic fitness. Workouts will focus on high reps, light to moderate weights and plyometrics & agility (this includes running, stairs, skipping & rowing). Classes are for all levels.

BEYOND BOOTCAMP

A complete body workout for all fitness levels. Use body weight, free weights and plyometric exercises to increase cardio capacity and muscular endurance.

BEYOND BODYWEIGHT

An all over strength and conditioning class using JUST your own body weight. Modified variations will be given. Classes are for all levels.

BEYOND CIRCUIT

An all over body workout . A circuit is more than 3 moves and up to 15 in a rotation. Classes are for all levels.

BEYOND COMBO

A combination class blending two or three class types in one session. Classes are for all levels.

BEYOND HUSTLE & FLOW

A combination style class offering 35 minutes of Beyond Spin and 35 minutes of Beyond Mat Pilates OR Beyond Yoga Flow. Pilates and Yoga will alternate weekly. Classes are for all levels.

BEYOND INTERVALS

High intensity movements for short periods of time with bouts of recovery or rest. i.e. Ratio of Work: Rest or Relief. Suitable for anyone with a base fitness.

BEYOND KETTLEBELL / TRX CORE

Build power and strength while increasing mobility during this complete body workout. Using a combination of Kettlebells and TRX to have the body work as one unit to increase core strength.

BEYOND MAT PILATES

A challenging workout focused on core musculatur and increased flexibility. Rather than springs and straps for resistance, you will use your own bodyweight. Classes are for all levels.

BEYOND POWER YOGA

A power Vinyasa Yoga style class, linking breath and movement. A dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. It tones and sculpts the entire body allowing for rapid results. Yoga Mat Recommended.

BEYOND QUICK CORE BLAST

A fun packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Use various skills and techniques to target the core muscles. Classes are for all levels.

BEYOND QUICK SPIN & PILATES

A combination style class offering 35 minutes of Beyond Spin class profile and 35 minutes of Beyond Mat Pilates. Classes are for all levels.

BEYOND SPIN

Various high energy indoor cycling workouts including – Strength (75-85%), Interval (65-92%), Endurance (65-80%) and All Terrain (55-92%) intensities. Classes are for all levels.

BEYOND SPINSANITY!

A Spin/Circuit Class involving bodyweight, free weight, plyometric and kettle bell exercises. Increase your cardio capacity and get a complete body workout ON and OFF the bike!

BEYOND STRENGTH

As outlined on specific days an All over Body / Upper Body or Lower Body workout focused on building muscular strength. Suitable for anyone with a base fitness.

BEYOND TRX CONDITIONING

TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.