

OUTDOOR CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30-11:00 Fast Fit	08:00-09:00 Run Club	10:30-11:00 Fast Fit	08:00-08:30 Fast Fit	09:00-09:30 HIIT	10:00-10:30 Fast Fit	10:30-11:00 HIIT
12:30-13:00 HIIT	10:00-10:30 HIIT	12:30-13:30 HIIT	10:00-10:30 HIIT	10:30-11:00 AB Attack	16:00-16:30 HIIT	15:30-16:00 Fast Fit
14:00-14:30 Fast Fit	11:00-11:30 Fast Fit	14:00-15:00 Walking Club	11:00-12:00 Walking Club	12:00-13:00 Run Club	<p>HOW TO BOOK</p> <p>Class bookings can be made up to seven days in advance of the class, in person, by telephone or online. Numbers for each class are limited, if you are unable to make a class please make every effort to cancel your classes online or via the club reception. Due to these classes taking place outside please wear appropriate attire to suit weather conditions.</p>	
16:30-17:00 Fast Fit	12:30-13:00 AB Attack	16:30-17:00 Fast Fit	12:30-13:00 AB Attack	16:00-16:30 Fast Fit		
	13:00-14:00 Get into Golf		17:00-17:30 HIIT			
	17:00-18:00 HIIT		18:00-19:00 Get into Golf			

CATEGORY	CLASS	DESCRIPTION	INTENSITY	RESULTS
Cardio	HIIT	A high intensity interval class that uses a mixture of bodyweight and functional kit exercises to target all major muscle groups and boost heart rate.	High intensity interval training	Burn body fat, increase strength and increase metabolic rate.
Cardio	Run Club	If you enjoy exercising outside and want to increase your cardiovascular fitness and/or lose weight, then running club is for you. Suitable for all levels.	Moderate intensity	Improve endurance, improve heart and lung fitness.
Strength	Fast Fit	A high intensity, energetic workout using interval training and functional kit to make you stronger and fitter.	High intensity circuit training	Build core strength, improve cardio fitness, develop coordination, agility and balance.
Core	Ab Attack	Condition and strengthen stomach and back muscles with a combination of floor exercises.	Low to moderate intensity	Work core muscles, tone and strengthen.
Cardio	Walking Club	A low-impact alternative to jogging, power walking ups the intensity like jogging does, but is a low-impact activity that is easier on your body.	Moderate intensity	Improve heart health, strengthen bones and muscles, enhance balance and coordination and reduce stress.

Please note all classes are for all abilities to attend. Instructors will give alternatives and adaptations to exercises to suit all levels. Please inform your instructor if you are new to a class. Prior to classes commencing you must please check in at Reception. The Club reserves the right to substitute instructors and change class and times, when and if the need arises.