









### GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							 <b>YOGA</b>	
9:15 AM								
10:00 AM			<b>ActiveYoga</b>		<b>ActiveFit</b>			
5:45 PM		 <b>metafit</b> <small>BODYWEIGHT TRAINING</small>		 <b>YOGA</b>	<b>SHADOW</b>			
6:00 PM			<b>INTENSITY</b>					
6:15 PM		 <b>metafit</b> <small>BODYWEIGHT TRAINING</small>			<b>SHADOW</b>			
6:45 PM			<b>INTENSITY</b>					
7:00 PM		 <b>YOGA</b>		 <b>YOGA</b>	 <b>YOGA</b>			

### FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
 <b>YOGA</b>	60 mins	Our Yoga classes are great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
 <b>metafit</b> <small>BODYWEIGHT TRAINING</small>	30 mins	Metafit is a super-efficient workout which means you can spend less time training while still cashing in on all the fat burning, metabolism boosting, and heart-pounding benefits. It incorporates bodyweight strength training with cardio moves that can be tweaked to suit your fitness level whilst still maintaining the intensity for an effective HIIT workout. You'll be amazed how quickly you progress and get fitter. When your workout goes back and forth between high and low-intensity activities like Metafit, it improves your anaerobic and aerobic fitness, which helps you burn more fat in less time than longer endurance training.
<b>ActiveFit</b>	30 mins	Active Fit is a 30 minute low impact workout focusing on strength and movements to keep you fit and active.
<b>ActiveYoga</b>	60 mins	Our Active Yoga classes are designed for our older members and is great for a midweek stretch or end of week wind-down! Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony.
	30 mins	A class specifically designed to target those areas that may need a bit more work, Tummy, Hips & Thighs.
<b>INTENSITY</b>	30 mins	Intensity is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines aerobic movements with strength and stabilisation exercises.
<b>SHADOW</b>	30 mins	Shadow is a boxing workout session (with no gloves or partners for CV19 restrictions). Boosting cardio fitness & strength in a fun innovative class. Basic boxing moves suitable for beginners up... You work at your own level but with coaches motivating you all the way.

**5 DAY  
FREE  
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

**GROUP FITNESS CLASSES OFFER A HIGH ENERGY,  
MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.**

**CLICK NOW TO CLAIM  
YOUR 5 DAY FREE PASS!**

