



TIME	MON	TUE	WED	THR	FRI	SAT
5:30am	H.I.I.T (Nancie)		Strength Camp (Nancie)			
9:00am						Boxercise (Andrea)
5:00pm	Boot Camp (Andrea)	Boxercise (Andrea)			F.B.W. (Andrea)	
6:00pm			Boot Camp (Andrea)	Boxercise (Andrea)		

Descriptions:

Bootcamp – Duration: 45 Minutes

Mix of hit, strength, power and plyo workouts, to get you fit and motivated.

Boxercise – Duration: 45 Minutes

Boxercise is an exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but typically one may involve shadowboxing, hitting pads and so much more.

Strength Camp – Duration: 45 Minutes

Focusing on strength and conditioning, on all areas of the body

Full Body Workout – Duration: 45 Minutes

Full body workout a workout that aims to hit all the major muscle groups in one single session.

HIIT – Duration: 45 Minutes

A full body workout, interval training that involves short bursts of super-intense exercise with periods of rest or lower intensity exercise in between