

Class Timetable The Gym@AIBP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT 0645-0715 STUDIO 2 Michael	CIRCUIT 0645-0715 Gym Floor Emily	SWISSBALL 0645-0715 STUDIO 2 Michael	VIRTUAL YOGA 0645-0715 STUDIO 1	INDOOR CYCLING 0700-0730 STUDIO 1 Kata
LADIES WHO LIFT 1215-1245 STUDIO 2 Emily	STABILITY FIT 1215-1245 STUDIO 2 Emily	BOX & BURN 1215-1245 STUDIO 2 Kellyanne	BARRE 1215-1245 STUDIO 2 Oxana	EXPRESS CORE 1215-1245 STUDIO 2 Gym Team
INDOOR CYCLING 1730-1815 STUDIO 1 Kata	STEP POWER 1730-1815 STUDIO 1 Oxana	BODY BLAST 1730-1815 STUDIO 2 Kellyanne	TAG-YOUR-HIIT 1730-1815 Gym Floor Gym Team	

**Please contact a team member if you
have any queries**

CLASS	DESCRIPTION
Barre 30 min Studio 2	A low impact workout that consists of using smaller, high repetition movements to improve balance and overall strength. The combination of dynamic musicality and stretching movements will create a great endurance workout.
Body Blast 45 min Studio 2	Interval training with body weight exercise paired with equipment. 45 sec work and 20 sec rest.
Box & Burn 30 min Studio 2	A fun and fast paced boxing specific circuit that targets major muscles groups while getting a calorie burn
Circuit Training 30 min Studio 2/Gym Floor	Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 1 minute and then move on to another exercise. Focus is exclusively on muscle toning or aerobic exercises using a variety of equipment based and bodyweight exercises.
Core Express 20 min Studio 2	Core Blast is a short yet challenging workout which targets your mid-section. A strong core can help with balance, posture and overall strength.
HIIT 30 min Studio 2	A popular kind of exercise method that involves exerting your maximum energy during short periods of time.
Indoor cycling 30-45 min Studio 1	Often also called spinning, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.
Ladies who lift 30 min Studio 2	Learn proper technique for the 4 main lifts (deadlift, bench press, squat and shoulder press) in a small group setting. The class is suitable for everyone regardless fitness level as it will progressively introduce/improve lifting skills.
Stability Fit Studio 2 30 min	A mix of core and pilates based exercises that target the back to improve mobility and balance, increase muscle strength and coordination
Step Power 45 min Studio 1	A fun, intense cardio and strength workout for the full body. A form of exercise that involves stepping on and off a small platform to upbeat music. It helps to improve overall fitness, balance, coordination and agility.
Swissball 30 min Studio 2	A low impact workout using a large, inflatable ball to increase core strength, balance and muscle conditioning through exercises like squats, planks and stretches
Tag-Your-HIIT 45 min Gym Floor	A “You go – I go” type of class. In teams of 2 you will move through exercises in order, completed the reps stated before moving on to the next one.
Virtual Yoga Studio 1 30 min	Come and try one of our MyZonevirtual class and enjoy a chilled, slow paced yoga session to kickstart your day