



# Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am	METAPWR		FB25 STRENGTH		METAPWR		
9.15am						WOW (Workout of week)	
9.30am					PILATES		IT'S YOUR REST DAY!!
9.45am	FB25 STRENGTH	METAPWR	FB25 HIIT	METAPWR			
10.15am						METAPWR	
18.45pm				INSANITY	18.30PM FB25 STRENGTH		
19.00pm	FB25 STRENGTH	FB25 HIIT	METAPWR				
19.45pm		PIYO					
19.50pm				PILATES			

## Key;

**45 mins: METAPWR** "A circuit class that combines resistance and bodyweight exercises to target strength, power, agility and cardiovascular efficiency"

**45 mins Workout of the week** "We plan it, we decide it, you do it" a mixture of Bodyweight, Resistance, Cardio and core

**45 mins: FB25 STRENGTH** "Build Total body, Functional strength & muscular endurance. Promote lean Muscle guaranteed to increase your Metabolism

**60 Mins: PIYO** "A low impact Fitness class using Intense Yoga flows & Bodyweight exercises. Burn calories, define your body and increase flexibility

**60 Mins: PILATES** "A Holistic class focusing on increasing core strength & Flexibility. A must for anyone suffering with Back & Knee pain

**45 mins: FB25 HIIT /INSANITY 50 MINS** "Designed to Improve Heart & Lung function & Cardiovascular fitness.

Burn calories and shred bodyfat using interval training. INSANITY is using your bodyweight only.

FB25 HIIT will be using bodyweight exercises, rower, assualt bike, ski erg and other functional training equipment