

# Re:set

## CLASS TIMETABLE

	Tuesday	Wednesday	Thursday
07.30am		<b>Spin Core</b>	
08.15am		<b>Core Blimey</b>	
12.15pm	<b>Box Fit</b>		<b>Spin Core</b>
12.45pm	<b>Core Blimey</b>		<b>Functional Circuit</b>
16.15pm	<b>Functional Circuit</b>		<b>Core Blimey</b>
17.00pm	<b>Spin Core</b>		<b>Box Fit</b>

## CLASS DESCRIPTIONS

### Box Fit

Jab, cross and hook your way to a fitter you! Boxing not only does wonders for your body and fitness, we're yet to find a better form of stress relief! Sessions typically involve hitting focus pads but no sparring, and exercises such as squats, press ups and planks etc. It's fun, challenging and safe.

### Core Blimey

Abs of steel in-coming! This class targets all areas of your core to help sculpt and tone. Together we will crunch, twist and plank our way to a stronger core.

### Functional Circuit

The focus will be on using the functional area of the gym. This class offers a truly unique and fun way to challenge your body and to work up a sweat. Best way to get play around with the with amazing functional training area

### Spin-Core

A high-intensity, full-body workout that burns calories, by combing interval training and core strengthening floor exercises to give you a well rounded workout. You won't need coffee after this session.

### Work out of the day (WOD)

This class is all about variation with the aim of keeping your body guessing as each session aims to be challenge differently every time.