

Re:set

CLASS TIMETABLE

All classes are 30 minutes

Tuesday	Wednesday	Thursday
	07.30 Spin	
	08.15 Core Blimey	
12.30 Gym Circuits		12.45 WOD
16.15 Functional Circuit		16.15 Core Blimey
17.15 Spin Core		17.15 Box Fit

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.

Gym Circuits

A high energy and fast-paced class which involves working your way around different exercise stations.

Spin Core

A high-intensity, full-body workout that burns calories, by combining 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.