

# Re:set

## CLASS TIMETABLE

Tuesday	Wednesday	Thursday
12.30 Functional 30 Circuit		12.30 Strength & Conditioning
13.00 Core Blast		13.00 Stretch & Mobility
16.45 Legs, Bums & Tums		16.50 Core Blast
17.15 Spin		17.15 Functional 30 Circuit

### Spin

Spinning focuses on endurance, strength, intervals and high intensity training. Spinning does not only strengthen your body's muscles, but also tones them. Regular spin classes will increase the muscle definition in your legs and core.

### Strength & Conditioning

Combines strength training, aerobic conditioning, speed and agility training, as well as sport-specific training. Aims to improve strength and endurance, reduce the incidence and severity of sport injuries, and to improve technique and overall performance.

### Legs, Bums & Tums

LBT is a full body aerobic workout that aims to tone up thighs, bum and stomach. LBT is helpful if you want to lose weight or improve your fitness levels.

### Functional 30 Circuits

A combination of resistance and cardiovascular exercises to develop stamina, muscular strength whilst burning calories. This class is a great way to improve your endurance. If you like a challenge, want to see and feel improvements then this class is for you.

### Boxercise

During the class, you'll get to grips with padwork, boxing circuits, cardio and resistance exercises for a high energy workout that will tone, improve agility and blitz those calories.

### Core Blast

The advantage of doing a 20-minute, concentrated core workout like this - rather than mixing in core work with a full-body circuit or doing a shorter abs workout - is to fully fatigue the abdominal muscles to the point of muscle failure, which will lead to improved strength.

### Stretch & Mobility

Our Stretch & Mobility classes are the perfect combination of strength, flexibility and stability. Compliment your routine and your workouts, whilst allowing your body the release from the day-to-day and sitting at your desk for long periods of time.