

BURGH'S LIFESTYLE TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|----------|---------|--------------------|------------|--------|----------|
| 6.00 AM | STRENGTH | HIIT | MORNING FLOW | STRENGTH | HIIT | |
| 7.00 AM | | | | | | BST |
| 8.00 AM | | MASTERS | | MASTERS | RETRO | ZUMBA |
| 9.15 AM | STRENGTH | HIIT | CORE FOCUS | STRENGTH | HIIT | YOGA |
| 12.00 PM | | | STEP UP TO THE BAR | | | |
| 6.30 PM | CIRCUIT | ZUMBA | BOXING | TOTAL TONE | | |

CIRCUIT

A form of body conditioning that involves endurance, resistance, boxing, aerobics training performed in a circuit. *** Members are to bring their own Boxing gloves**

45min

STRENGTH

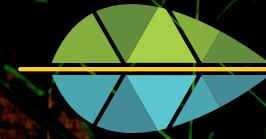
Resistance training using weights designed to tone and strengthen the whole body.

45min

HIIT

High, Intensity, Interval Training will challenge and improve cardio endurance levels.

45min



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MASTER

This class focuses on both strength and cardio to maintain healthy bone density and muscle tone for lifelong fitness

60min

CORE FOCUS

This class is all about the engagement of the core by using exercises to assist in stability and strength of all the abdominals muscles. Integrated with cardio and strength training that will in return make your whole body stronger for every day training.

45min

TOTAL TONE

After a quick cardio component, this class focuses on strength based exercise in a high energy, fun filled workout

60min

RETRO

A fun and easy dance based aerobic workout to a mix of oldies and latest dance hits. No coordination required

60min

BST

Blood, Sweat and Triumph. Get your blood pumping, sweat pouring and feel the triumphant at the end. Challenge your self with tyre flipping, battle ropes, sled and more!

45min

ZUMBA

Is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms to help improve cardiovascular fitness.

45min

YOGA

Hatha flow yoga is an inclusive style of yoga to suit all levels. This class will help bring peace to the mind and help start your weekend from a clam and centred space.

60min

STEP UP TO THE BAR

a great mix of step aerobics and barbell strength conditioning.

45min

BOXING

Interval boxing training mixed with body weight exercises, finishing with core. All members must bring their own boxing gloves and pads.

45min

MORNING FLOW

The Perfect way to start your day. This class will incorporate a mix of yin and slow yang style yoga honoring individuals' energetic levels earlier in the morning.

45min