1–31 OCT, 2024 CLASS TIMETABLE

Silling Street





1-31 OCT, 2024 CLASS TIMETABLE

01. DANCE STUDIO

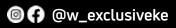
TIME	MON	TUE	WED	THUR	FRI
06:30-07:30	Pilates	Funtional Mobility Gidraf	Yoga Dr. Seema Sharma	Pilates	Yoga Dr. Seema Sharma
07:45-08:45	Legs,Bums + Tums Brighton	Pilates	Dance + Move Meshack	Shape + Tone Kobi	HIIT + CORE Matthew
09:00-09:45	CORE - Nation				CORE - Nation
10:00-11:00	POWER Yoga Chris	Body Conditioning Gidraf	Vinyasa Yoga Chris	Step Eric	Legs,Bums + Tums
15:30-16:45	Calisthenics & Power Bands Bryan		Calisthenics & Power Bands Bryan		Calisthenics & Power Bands Bryan
17:00-17:50	Legs,Bums + Tums	Shape + Tone Ken	Flow Yoga Ashray	Pilates	Vinyasa Yoga Chris
18:00-18:50	Fighting Fit Kevin	Step Eric	Zumba Meshack	Step Eric	Fighting Fit Wayne
19:00-19:50	Pilates	Yoga Dr Seema Sharma	Taebo Kevin	Rebounding Ashray	Dance + Move Meshack
20:00-20:45	CORE - Nation				CORE - Nation

SATURDAY	8:00 - 8:45	Yoga Dr. Seema Sharma	11:30 - 12:30	HIIT - Full Body	
SUNDAY	15:00 - 15:45	HIIT - Boxing			

02. RIDE STUDIO

TIME	MON	TUE	WED	THUR	FRI	SAT
07:30-08:15	Beginners Spin		Interval Spinning		Race Day	
09:30-10:15	Rhythm Riding (Fred)	Cadence Beat	Cadence Beat	Cadence Beat	Cadence Beat	Pedal 60 (Fred)
13:00-13:45					Rhythm Riding (Fred)	
17:00-17:45						
18:00-18:45	Cadence Beat	Rhythm Riding (Fred)	Recovery Class (Fred)	Rhythm Riding (Fred)	Rhythm Riding (Fred)	

*Minimum number for a class – 1 member





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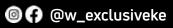
03. RUMBLE **NEW** UPGRADED VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:30-07:30	Total Fitness	Body Blazer	Fat Burner	Cardio Boxing	Total Fitness		
09:00-10:00							Body Blazer
10:00-11:00	Body Blazer	Cardio boxing	Total Fitness	Body Blazer			
17:45-18:45	Cardio Boxing	Fat Burner	Cardio boxing	Total Fitness	Cardio Boxing		
19:00-20:00	Total Fitness	Body Blazer	Fat Burner	Body Blazer	Fat Burner		

04. CROSS TRAINING **NEW** UPGRADED VENUE

TIME	MON	TUE	WED	THUR	FRI	SAT	SUN
06:00 - 07:15	Road to Fitness	Off the hook	Max Fit	Road to Fitness	Max Fit		
08:00-09:00	Off the hook	Slow Burn	Road to Fitness	Max Fit	Off the hook	HIIT it up (9:30am)	
12:30-13:30	Slow Burn	Road to Fitness	Off the hook	Max Fit	Road to Fitness		
17:00-17:45	SandBag & Slam Ball	Battle Ropes	Core Nation	Kettlebell	Battle Ropes		
18:00-19:00	Road to Fitness	Slow Burn	Off the hook	Road to Fitness	Off the hook		
19:30-20:30	Slow Burn	Off the hook	Road to Fitness	Max Fit			

*Minimum number for a class – 1 member





05. SWIMMING POOL

TIME	MON	TUE	WED	THUR	FRI	SAT
09:00-10:00					Aqua Fitness Joy	
10:00-11:00		Aqua Aerobics Donnex				Aqua Fit Camp Donnex (10:15 - 11:15)

NOTE: * Social - 3 middle lanes available at all times

* Want to learn to swim? Speak to a life guard and become watersafe. Make a booking today.

06. ORIENTATION - NEW AND ADVANCED TRAINERS

TIME	MON - FRI	SAT – SUN	TIME	MON - FRI	SAT – SUN
09:00-10:00	Beginners	Beginners (10:00 - 11:00)	15:00-16:00	Beginners	Beginners
10:00-11:00	Advanced	Advanced (11:00 - 12:00)	16:00-17:00	Advanced	Advanced

07. STRETCH CLASS

TIME	MON - FRI	
All Day	FREE FOR ALL MEMBERS	Any Instructor Any Day
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*Minimum number for a class – 1 member

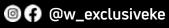




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ARENA CLASSES

RUMBLE CARDIO BOXING BODY BLAZER TOTAL FITNESS FAT BURNER	Kickboxing class involving a combination of technique training, cardio, pad work, boxing mannequins & functional body weight movements. Basic boxing class combined with bodyweight workouts to enhance cardio fitness. Kickboxing class integrated with plyometric bodyweight exercises. High intensity Rumble class with plyometric exercises to improve strength and cardio fitness. Creative kickboxing class designed to make you burn calories & sweat!
FIGHTING FIT	High energy martial arts inspired to get fit fast and strong for all fitness levels.
ROW & CUT	Low impact rowing class with low to medium intensity bodyweight exercises.
HIIT SQUAD HIIT & BURN	A HIIT & Run class centred on competing with a friend/partner. HIIT workout made up of weight training, a variety of cardio equipment and other
	training equipment.
CARDIO BLAST	Creative work out that ensures maximum results with high energy output.
TAEBO	Incorporates martial arts techniques such as kicks and punches. This Class uses the motions of martial arts at a rapid pace designed to promote fitness.
	וווא כנמגא עאפא נוויפ וווטנוטווא טו ווומו נומנ מו גא מנימ דמטוע שמכי עפאוקרופע נט או טוווטניפ וונוופאא.
CROSS TRAINING	Combination of weight training, cardio and core exercises.
SLOW BURN	Foundational class on the techniques of functional movements.
ROAD TO FITNESS MAX FIT	Short, medium intensity workouts for mastering functional movements. High-intensity functional workouts with AMRAP & EMOM elements.
	high intensity functional workouts with AlmAn & Eliforn etements.
OFF THE HOOK	Creative functional exercises to make you fit.
BURN & SHRED	Combination of weight training, cardio equipment, kickboxing & functional body weight movements to make you burn calories & improve cardio fitness.
ORIENTATION	Beginner - Correct posture technique and the use of toning equipments (machines) Advanced - Free weight training technique (use of Barbell, Dumbbell, Kettlebell and Bar)
STRETCH CLASS	A recovery class tends to enhance flexibility and muscle relaxation and healing.
CORE FLOW YOGA	Focuses on strengthening the core area, spinal integrity, control in movement
	and improve posture
HIIT IT UP	A high intensity interval training where winners are recorgnised





Dance Studio

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Aerobics body toning	High energy exercises to burn fat & improve body tone.
Body Conditioning	Energetic class combining cardio or resistance work with a range of exercise
	techniques.
Body Sculpt	Toning class focused primarily on core and body muscle strength.
Burn & Shred	HIIT Class focused on calorie burning, performance and conditioning.
Dance & Move	Choreographed dance for weight loss.
Ashtanga Yoga	It's the union of eight limbs of Yoga into one complete holistic system
Legs, Bums & Tums	Total body aerobic workout targeting the legs, bums & the abdominal area.
Pilates	Low-impact exercise aiming to strengthen muscles, improve postural alignment,
	core strength & balance.

Power Yoga 1	Beginner yoga that emphasizes on strength and flexibility using different poses.
Shape & Tone	Work different body parts through multiple exercise approaches like circuit training and light to moderate weight training modalities.
Vinyasa Yoga	Yoga flow that moves from one pose directly into the next, improving energy levels, promoting relaxation, endurance and strength.
Yogilates	A fusion of yoga poses & pilates sequences for strengthening the body.
Pump Class	Sculpt and strengthen your entire body using low weight loads and high repetition movements.
Zumba	Join this dance party to a fusion of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast & slow rhythms.

RIDE STUDIO

Rhythm Riding	Moments of high intensity interval training to the beat.
Cadence Beat	Terrain-based technique class that focuses on cadence, climbs and sprints.
Pedal 60	Strength and cardio endurance by the rhythm of the music.
PiYo	Combo class combines benefits of Pilates, Yoga + low impact cardio
Rebounding	Does wonders for weight loss, tones whole body + tightens waistline
Flow Yoga	Builds strength in your CORE and upper and upper bod which enhances
i ton roga	posture

SWIMMING POOL

Aqua aerobics	Resistance training following a series of aerobic moves in the pool.
Aqua fit camp &	Exercises that enhance physical and mental health.
Aqua Fitness	

