

	09.30 - 10.00	10.00 - 11.00	11.00 - 12.00	17.00 - 18.00	18.00 - 19.00	19.00 - 20.00	20.00 - 21.00	
MON	Body Sculpt 09.30-10.00	Yoga 10.00-11.00			All Over Body Workout 17.30-18.30	Box Blast 18.30-19.00	Spin 19.00-19.45	
TUES					Zumba 18.00-19.00	Aero Blast 19.15-20.00	Yoga 20.00-21.00	
WED				BAB Attack 17.30-18.00	Spin 18.00-18.30	Spin 18.30-19.00		
THURS					WOW 18.00-18.45	Yoga Tone 18.45-19.30	Aero Pump 19.45-20.30	
FRI				Arms & Abs 17.30-18.00	Spin 18.00-18.30	Zumba 18.30-19.15		
SAT		Body Bootcamp 10.00-11.00	Yoga Stretch 11.00-11.45					

## THE CLASSES

**Body Sculpt** All over workout using Kettlebells, Fitballs, BenderBalls & Bands...a little bit of everything!

**Structured Stretch** A full body stretch, focusing on the hips, lower back, bottom - the main areas that tighten to cause back pain/stiffness.

**All Over Body Workout** Full body workout, using bands, balls, weights, step....a full top to toe workout!

**Box Blast** 30 minutes of cardio (to include boxing

**Spin** Bike workout to get the heart rate up for a high calorie burn!

**Zumba** Zumba makes use of up-tempo Latin music styles such as salsa, cha-cha, reggaeton, mambo and merengue to create an enjoyable, productive workout for all levels. Guaranteed to make you sweat, laugh and workout!

**Aero Blast** Casall Studio's take on BodyAttack...not for the faint heartened but you won't regret it! High energy and high calorie burn....focused on cardio based exercises.

**Yoga** Essential for complete fitness & improved

**WOW** A full body workout using as many muscle groups in one hit...burn & blast calories.

**Yoga Tone** Yoga based exercises combined to help strengthen and improve your body strength and tone. Traditional exercises followed by a yoga poses to lengthen and balance out the body.

**Aero Pump** Casall Studio's take on BodyPump....a workout for the whole body using your own body weight, DB's and steps to create an effective workout to motivating, high paced music.

**Arms & Abs** Abdominals and back exercises to enhance your upper body. Get toned arms, better

**Body Bootcamp** An intense workout...cardio, circuits & abdominal training! Be prepared to sweat!!!

**Yoga Stretch** A more basic Yoga class, focusing on the stretching element of Yoga. A perfect class to end the week on....a simpler paced class