

# Kingsway Indoor Stadium

## Group fitness timetable 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am-10am <b>Pumped</b>	9am-9:45am <b>SAS</b>	8:15am-9am <b>SAS</b>	8:15am-9am <b>SAS</b>	9am-9:45am <b>SAS</b>	9:15am-10am <b>metafit.</b> + Core FX
10.15am-11am <b>Yin Yoga</b>	10am-10:45am <b>Pilates</b>	9:15am-10am <b>Glute FX</b>	9:15am-10am <b>C4 Strength</b>	10am-10:45am <b>Pilates</b>	
6pm-6:30pm <b>C4 HIIT</b>	5:30pm-6:15pm <b>meta PWR</b>	5:30pm-6:15pm <b>Pumped</b>	10.15am-11am <b>Yoga Flow</b>		
6:30pm-7:15pm <b>ABT</b>		6:30-7:15pm <b>Pilates</b>	6pm-7pm 		

**ABT** - Tighten and tone your lower body with this low impact core conditioning class that targets your abs, butt and thighs.

**C4** - This total body circuit will get your heart pumping, muscles toning, fat burning and your fitness peaking.

**C4 HIIT** - A high intensity 30 minute class designed to spike your metabolism and have you burning calories long after you have finished the workout.

**C4 HIIT + Core FX** - A high intensity class designed to spike your metabolism and have you burning calories long after you have finished the workout teamed with the functionality of core training.

**C4 Strength** - A strength and conditioning class using weights and body weight exercises for a total body approach to improve your muscle mass.

**Club Fiesta** - combining fitness and dance to exotic rhythms to burn fat, tone, sculpt your body and release endorphins by reducing stress levels

**GluteFX** - Maximising the power in your glutes will help you unlock better posture, training and functional strength to help you in and out of the gym.

**Metafit and CoreFX™** - Designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible, teamed with the functionality of core training.

**MetaPWR™** - is an equipment based circuit style class using 'non-traditional' strength training exercises to develop power, strength, agility and cardiovascular fitness.

**Pilates** - This class works on core strength, posture, stability and flexibility whilst improving quality of movement. Bring your own mat or you are welcome to use one of ours.

**Pumped** - A high repetition, low weight range class that is choreographed to music, each track will focus on your major muscle groups to leave you feeling lean and strong.

**S.A.S** - Strong Active Seniors is a fun, fitness session aimed at the mature 50+. This class will give you a mix cardio, strength and functional training for a balanced workout. A medical clearance may be required to participate.

**Yin Yoga** - A slow-paced style of yoga holding postures for longer periods than other styles of yoga. It works deeply into the connective tissues, fascia, ligaments and joints of the body.

**Yoga Flow** - This class is about a fluid practice combining breath, movement and awareness to facilitate strength, mobility, focus and relaxation for all fitness levels. Bring your own mat or you are welcome to use one of ours.

*Timetable is subject to change.*