



ActivZone GYM



CLASS TIMETABLE

	Mon	Tues	Wed	Thurs	Fri
	1pm: Boot Camp			12.30pm: Spinning	9.30am: Simply stretch
	7pm: Boxing Circuits	5.30pm: Pilates		6.30pm: Pilates	
		6.30pm: Zumba	7pm Boot Camp	7.30pm: Bokwa	
		7pm: Spinning			



Spinning

Spinning is the ultimate indoor cycling workout. Using motivational music, it's great for increasing cardiovascular fitness as well as burning off those calories

Zumba

A fun and energetic workout using latin dance and music to inspire you

Boxing Circuits

This fun and challenging workout incorporates a boxing theme to help you achieve your health and fitness goals.

Bokwa

Bokwa is a new dance fitness regime that combines South African war dance, capoeira, kickboxing and dance steps, set to a rhythm of African, latin and popular dance music

Simply stretch

This low intensity class is 30 minutes, using stretching and core exercise to improve posture, flexibility and overall well-being.