



GROUP FITNESS CLASS SCHEDULE (Starting October 2nd, 2017)

Gym Hours of Operation: 6:00am to 9:00pm on Weekdays and 8:00am to 4:00pm on Weekends

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REFIRE HIIT CIRCUIT 6:15 – 6:45				REFIRE CARDIO BLAST 6:15-6:45		
					REFIRE HIIT CIRCUIT 9:45 – 10:30	
	BELLY DANCE *Teachers choice 10:00 – 11:00				REFIRE STRENGTH TRAINING 10:45 – 11:30	
		REFIRE HIIT CIRCUIT 5:30 – 6:15	REFIRE CARDIO BLAST 5:30 – 6:15			
BELLY DANCE *Beginners 6:00 – 7:00	BELLY FIT 6:00 – 7:00	REFIRE STRENGTH TRAINING 6:30 – 7:15	REFIRE STRENGTH TRAINING 6:30 – 7:15			
BELLY DANCE *Advanced 7:00 – 8:00						

CLASS DESCRIPTIONS

Belly Dance (6pm on Mondays): Beginner and refresher course with Sara Jane

Belly Dance (7pm on Mondays): Beyond beginners course with skills and drills with Sara Jane

Belly Dance (10am on Tuesdays): Teachers choice with Sara Jane

Belly Fit: Cardio belly fit for a fun workout with Sara Jane

Refire HIIT Circuit: Bodyweight circuit to get stronger, boost endurance and burn fat

Refire Strength Training: Workout with weights to get stronger, build lean muscle and burn fat

Refire Cardio Blast: Focus on cardiovascular health with cardio moves and drills