

ROAR FITNESS 247 GROUP FITNESS TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIMES	SATURDAY
6.00AM						7.30AM	
6.30AM						8.30AM	
6.45AM						9.00AM	
9.30AM							
10.00AM							
10.15AM							
10.30AM						TIMES	SUNDAY
11.00AM						9.30AM	
11.15AM							
12.30PM							
4.00PM							
5.00PM							
5.30PM							
6.00PM							
6.30PM							
7.00PM							

**BRING A FRIEND FOR FREE
TO YOUR FAVOURITE CLASS
SPEAK TO A FRIENDLY
TEAM MEMBER TODAY**

GROUP FITNESS CLASS DESCRIPTION

	<p>An intense 45 minute workout with a combination of weight lifting, plyometric & resistance bands aimed at toning, shaping and strengthening the butt and thighs.</p>
	<p>KONGA is a wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco & everything in between. Konga is so addictive because it is the perfect concoction of easy-to-do moves, insane music & routines that are specifically designed to shape, sculpt & redefine your physique. You will BURN up to 700 Calories!</p>
	<p>The FREESTYLE indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring Instructor who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your cyclist within - ITS TIME TO SWEAR & BURN THOSE CALORIES!</p>
	<p>HIIT CYCLE is a 30 minute high intensity interval training using a spin bike to achieve fast results. It is short and intense with no impact to joints and achievable for people with limited movement and mobility. It will challenge you physically and mentally, accelerate fat burning and cardiovascular fitness.</p>
	<p>Xtreme Circuit is a constantly changing 45 minute class that suits any individual who enjoys training in a group environment. The class uses body weight, free weights and cardio exercises that aim to shape, tone, improve cardio fitness and endurance. All exercises can be easily adapted and modified to either increase or decrease the intensity of the workout</p>
	<p>The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Thai. Strike, punch, kick and kata your way through calories to release your inner warrior!</p>
	<p>The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! We hold all the best Smart Tech equipment here for ease of use when it comes to picking your weight and changing over on your bars. We have an extensive weight collection so you will always find the weight that suits you</p>
	<p>The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.</p>
	<p>A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers.</p>
	<p>HIITSTEP is a NEW and innovative 30 minute HIIT exercise class using only bodyweight and a STEP. It has been developed using the expertise and experience from those that have competed for and worked with Team GB. Designed to bespoke soundtracks that have been created by some of the UK's top House DJs, HIITSTEP is a high energy class that pushes you to NEW limits.</p>
	<p>FREE for all people even non members Roars Mum's & Bub's classes is for mums looking to get back into fitness. These no-cost classes are offered to both members and non-members of the gym and focuses on functional movements and bodyweight exercises using your bub as your weight. *A playmat or capsule is required. No prams. Free Entry – Members & Non-Members Ages 8 wks to 18m.</p>
	<p>Metafit is a 30 minute class focused on HIIT style training and designed to boost your fitness, rocket your energy levels and get massive results in the shortest amount of time possible. Metafit gets results because it creates a metabolic disturbance increasing your resting metabolic rate and increasing fat burning. This workout can be scaled back and is suitable for moderate to advance fitness levels.</p>
	<p>Created by a former Royal Marine Commando Metafit combines traditional bodyweight exercises with the latest HIIT training techniques - MetaPWR is the new metabolic workout using functional equipment and exercises mixed with our unique brand of metafit timings, commands and music for a 30 minute power workout</p>
	<p>HIIT Boxing has all the elements & benefits of our traditional boxing class but by working on freestanding bags you eliminate the rotation of swapping between pad holding & punching so the intensity is jammed packed into 30 minutes with smaller recovery intervals.</p>
	<p>Boxing workouts are one of the best ways to reduce body fat and not to mention a great way to increase your fitness on ALL levels – Cardiovascular, Strength, Aerobic and Anaerobic...FAST! Boxing helps to build and boost your self-confidence through the self defence techniques and combinations learnt during the sessions. It's important for both men and women to feel like they have some idea of how to deal with conflict and confrontation and develop the confidence to protect themselves.</p>
	<p>Roar Kids offers a great way for children to get active, maintain their fitness and ensure physical development! Our group based fitness programs offer a fantastic way to introduce kids to a regular exercise regime. When done in a motivating, fun and supportive environment, children thrive as they combine FUN, FITNESS and SPORTS DEVELOPMENT. Free for Roar Fitness 247 Members Kids Only \$5 p/child for Non-Members Ages 5-10 Years Book at Reception *details below</p>
	<p>Vinyasa yoga is a sequence of dynamic asana poses that will challenge your mind, body and soul. We will keep the body moving for the first 3/4 quarters of class to pump up the cardio and take a slower pace towards the end, to leave you invigorated and reenergized. This yoga introduces modern day philosophy that asks you to self inquire and develop an understanding of living a more authentic, fulfilling lifestyle.</p>
	<p>Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and Rockin'Out!</p>
	<p>Designed for members on the run, this High Intensity Interval Training session runs for 30 minutes and focuses on maximising your output and elevating your heart by the use of short on and off working and rest times. This class is perfect for those who would like to burn body fat and learn an effective short cut to achieving weight loss goals.</p>