

SURGE FITNESS TIMETABLE - CLARKSON - STARTING 6th NOVEMBER 2017

ALL CLASSES RUN FOR 60 MINUTES UNLESS STATED OTHERWISE



START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY AM							
5.30	TFW - HURRICANE						
6.00		TABATA - 45 MINS	RPM® - 45 MINS	BODY PUMP® - 45 MINS	CYCLE - 45 MINS		
7.00						FIT 2 BOX - 45 MINS	
AM							
8.00						TFW - HURRICANE	
8.30	BODY PUMP®	BODY BALANCE® - 8.25	BODY COMBAT®		BODY ATTACK® - 45 MINS	RPM®	TABATA - 45 MINS
9.00	CYCLE - 45 MINS - 9.15		CYCLE - 55 MINS - 9.15	FIT 2 BOX	FREESTYLE PUMP - 45 MIN - 9.15	BODY PUMP®	BODY PUMP® - 9.15
9.30	BODY COMBAT®	RPM® SIX PACK	ABT - 50 MINS	RPM® SIX PACK	RPM® - 45 MINS		
		BODY PUMP® - 9.25					
10.00				BODY PUMP® - 45 MINS	KONGA®	BODY COMBAT®	
10.30	PILATES	BODY COMBAT®	HIIT	BODY BALANCE® - 10.45			
11.00					YOGA - 90 MINS	YOGA - 90 MINS	
11.30		YOGA - 90 MINS	PILATES				
PM							
4.00	KIDS CIRCUIT - 40 MIN 4+	KIDS DANCE FUN - 40 MIN 4+					
5.00		BODY PUMP®	TABATA BOXING - 30 MINS	FIT STEP - 45 MINS			
5.30	BODY ATTACK®		PILATES	TFW - HURRICANE - 5.45			
6.00		CYCLE - 45 MINS	CYCLE - 45 MINS				
		TFW - HURRICANE					
6.30	BODY PUMP®		KONGA®	YOGA - 75 MINS - 6.45			
	RPM®						
7.00		BODY COMBAT®					
7.30	YOGA - 75 MINS						

CARDIO STRENGTH INTERVAL MIND & BODY TFW CLASSES KIDS

* This class will be run in the Functional Zone

TRAINING FOR WARRIORS CLASSES - CLARKSON

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
HURRICANE - 5.30 AM	HURRICANE - 6.00 PM	HURRICANE - 5.45 PM	HURRICANE - 10.00 AM *	HURRICANE - 8.00 AM

CARDIO

BODYCOMBAT® - Based on disciplines like Karate, Tai Chi, Kickboxing and Tae Kwon-do. Suitable for all ages and fitness levels. The music & choreography create a fierce energetic experience, raising fitness levels & burning fat. You'll be fighting fit in no time!

RPM® - An indoor cycling program designed to improve your fitness levels and burn body fat. One 45 minute session can burn up to 800 calories. RPM is known as the "Rock concert on wheels" and is suitable for all ages and abilities.

BODYATTACK® - A sports-inspired Cardio workout that's all about improving your speed, fitness, strength and agility. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their Fitness goals - from the weekend athlete to the hardcore competitor! You can burn an average of 735 calories in the class.

SH'BAM® - A dance sensation class that features simple but seriously hot dance moves to chart-topping popular hits. Let your inner star shine with dance styles that are easy to follow, uncomplicated & ultra-fun! Come get your groove on.

CYCLE SIX PACK - A class with a difference. Start with 45 minutes of cardio then work on your abs and sculpt your midsection to expose the six pack within.

CYCLE / CYCLE EXPRESS - Saddle up for an exciting and fun way to pedal your way to cardiovascular fitness. No complicated moves to learn – just fantastic music and a great inspiring group atmosphere. Suitable for all fitness levels.

FIT STEP - A challenging class, both physically & mentally to really improve fitness, co-ordination & brain power. The instructor choreographs easy step moves to funky songs. Simple options are provided so this class is suitable for all fitness levels.

CARDIO

FIT 2 BOX - Hi-energy boxing class that really packs a punch! Increase your fitness, co-ordination and release the fighter within!

KONGA® - Easy to follow, high intensity workout, fusing dance, boxing, cardio & sculpting. Expect to squat, jump, shake & burpee in this energising workout! Suitable for all fitness levels.

INTERVAL

HIIT - A form of interval training alternating short periods of intense anaerobic exercise with less intense recovery periods burning more fat in less time.

TABATA - High Intensity Interval Training: A class designed to incinerate calories! 20 seconds maximal effort, 10 seconds rest, 8 rounds (4 minutes). You do up to 5 Tabatas per class. A tough workout, however it is levelled so is suitable for all fitness levels.

TFW - TRAINING FOR WARRIORS

TFW HURRICANE - Exclusive to Surge, highly effective form of metabolic training where you will burn fat, build muscle & feel good! Each session has 3 rounds. Each round includes 3 sets of work including 2 resistance, cardio or HIIT and 1 sprint. Suitable for all fitness levels.

TFW ENERGY CIRCUIT - Exclusive to Surge Fitness, this class is great for body conditioning, increase you fat burning potential & improve your power! Each circuit includes a number of timed energetic exercises performed back to back with little rest to bring out the best version of you!

STRENGTH

BODYPUMP® - Suitable for all fitness levels. Incorporates barbells & adjustable weights to tone & condition muscles whilst raising your metabolic rate for rapid fat burning. BodyPump is proven to be the world's fastest way of getting in shape.

FIT N FIRM / ABT - This class has it all: freestyle aerobics, basic step moves, hand weights, fitball, muscle conditioning exercises - the variety is endless. Excellent for improving fitness and toning every muscle, easy to follow moves, great fun and suitable for everyone.

AB BLAST - 45 minutes of pure abdominal work, a great way to tone the abs and work towards the elusive 6 pack!

FREESTYLE PUMP - Suitable for all fitness levels. Incorporates barbells & adjustable weights to tone & condition muscles whilst raising your metabolic rate for rapid fat burning.

KIDS

KIDS CLASSES - Kids Circuit Experience fun exercise in a safe, caring environment. Designed specifically to help children have healthier bodies. Assist with co-ordination, balance, social skills & self-esteem.

KIDS DANCE FOR FUN - A fabulous dance class for kids. Teaching kids the fun way to move to music & includes game-orientated circuit concepts to keep the kids really entertained. They will LOVE IT!!! Two groups : 4-9 years and 9-13 years.

NB: Kids classes run during school terms only.

MIND & BODY

BODYBALANCE® - Suitable for all fitness levels. Strengthens & tones muscles whilst bringing a sense of calm. Uses a combination of Tai Chi, Yoga & Pilates techniques aimed at improving your core strength, flexibility, mobility, co-ordination & balance. Perfect for anyone wanting to de-stress.

PILATES / POWER PILATES - Is a unique exercise system designed to stretch and strengthen the entire body while calming and quieting the mind. Excellent for general fitness, injury prevention and rehabilitation, improved postural alignment and core stability. Pilates will increase flexibility and assist in developing long lean muscle tone.

PILATES PLUS - Utilises equipment in the class to challenge your Pilates boundaries. Caters for all fitness levels.

ROLL'N RELEASE - Using foam rollers, balls and bands to assist in the release of tired, tight and sore muscles after hard training. An essential part of a balanced exercise program. For all fitness levels.

YOGA / SUNRISE YOGA - Great for improving flexibility and strength - a class for everyone. Body & Mind awareness, improved breathing techniques & stress management. Great way to escape the daily grind.

YOGA-LATES - Incorporating Yoga and Pilates concepts into the class.



CLASS DURATION

UNLESS STATED, ALL CLASSES WILL RUN FOR 1 HOUR

Timetable subject to updates