

## 5 Week Challenge Group Training Timetable

*\*Please note timetable is subject to change do to the possible inclusion of more sessions and/or personalized training programs.*

*\*All groups are 1 hour sessions unless otherwise described.*

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am						
6am	Box 4 Life	Powertone (45 mins)	Box 4 Life		Powertone (45 mins)	
6:45am						
7am						
9am						Half Hour of Power (30 mins)
9:30am					Womens Group Training	Kickboxing (KBOX)
10:30am						
11am				Yoga & Sports Stretching		
5:45pm			Yoga & Sports Stretching			
6pm			Running Group			
6:30pm		Yoga & Sports Stretching	Group Cross Training	Group Cross Training		
7pm	Kickboxing (KBOX)			Kickboxing (KBOX)		

## 5 Week Challenge Group Descriptions

### **Powertone:**

Powertone is 45 minute class which is great for men and women and targets those areas that will tone and shape your body. Discover muscles that you knew that you had! Perfect for the early morning riser or those who just want to get more out of their day.

### **Kickboxing (KBOX):**

A typical class will start with a 10-minute warm-up, followed by 40 minutes of kickboxing and finishing with a 10 minute cool down and stretch. A combination of exercises are used that incorporate kick boxing skills such as bag and pad work with traditional kick boxing exercises. There are also Kickboxing Women and Kickboxing Kids classes which incorporate similar exercises and technique but at a modified level of intensity and duration.

### **Yoga & Sports Stretching:**

Yoga is a holistic physical activity which offers many benefits. Some of which include increasing flexibility, increasing lubrication of the muscles and joints, massaging the internal organs, cleansing the body, gaining awareness and toning the muscles.

### **Half Hour of Power:**

This group is a specialized group training session focusing on strength, cardio and core.

### **Box 4 Life:**

This 1 hour group session that will get you leaner, fitter and stronger while learning correct boxing technique. This includes bag and pad work, ground work and boxing specific strength and conditioning.

### **Group Cross Training & Women's Group Training:**

These classes are a mixture and combination of exercises which may vary each week depending on the trainer. They target weight loss and are great for increasing general health and fitness.

### **Running Group:**

These sessions operate outdoors when the weather is suitable and are a great way to boost your cardio and fitness levels. Great For beginners or those who want to boost their cardio fitness levels. This group focuses on building up from 5km runs to marathons, sprint work, intervals and general outdoor running technique.