

## Arena Fitness Timetable 2011

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am	BOX 4 LIFE - Advanced Technical Boxing (Sam)		BOX 4 LIFE - Advanced Technical Boxing (Sam)		BOX 4 LIFE - Advanced Technical Boxing (Sam)	
6am	BOX 4 LIFE - Basic to Intermediate (Sam)	POWERTONE (Dion)	BOX 4 LIFE - Basic to Intermediate (Sam)	MIXED GROUP X TRAINING - (Emma)	POWERTONE (Dion)	*BOX 4 LIFE* - Outdoor Boxing Training (Sam & Dion)
6:45am						
7am						
8am						ARENA STRETCH - Open Level (Josh)
9am						HALF HOUR OF POWER (Adam)
9:15am						
9:30am	THT - Tummy, Hips & Thighs (Dion)	WOMEN'S GROUP X TRAINING (Debra)	WOMEN'S GROUP X TRAINING (Emma)	WOMEN'S GROUP X TRAINING (Debra)	WOMEN'S GROUP X TRAINING (Emma)	KBOX - Kickboxing (Paul)
10am				THT - Tummy, Hips & Thighs (Dion)		
10:30am						
11am						
11:30am				ARENA STRETCH- Intermediate level (Josh)		CLOSE QUARTER COMBAT - Street Self Defence (Peter Sciarra)
12pm						
5:30pm	JIUJITSU - Gracie/Peter De Been (Dave Kemp)					
5:45pm						
6pm						
6:30pm		ARENA STRETCH- Intermediate level (Josh)	MIXED GROUP X TRAINING (Debra)	ARENA STRETCH - Beginner level (Josh)	JIUJITSU - Gracie/Peter De Been (Dave Kemp)	
				*RUNNING GROUP* (Helen)		
6:45pm						
7pm						
7:15pm						
7:30pm	KBOX - Kickboxing (Paul)	CLOSE QUARTER COMBAT - Street Self Defence (Peter Sciarra)	WOMEN'S GROUP X TRAINING (Emma)	JIUJITSU - Gracie/Peter De Been (Dave Kemp)	KBOX - Kickboxing (Paul)	
7:30pm					WOMEN'S GROUP X TRAINING (Emma)	
8pm	CLOSE QUARTER COMBAT - Street Self Defence (Peter Sciarra)					
			CLOSE QUARTER COMBAT - Street Self Defence (Peter Sciarra)			

*\*These classes operate off-site\**

## Arena Fitness Group Fitness Descriptions

### BOX 4 LIFE

**Basics & Intermediate:** This 1 hour group session 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.

Mon & Wed: 6am-7am

**Advanced Technical Boxing** – This class, although similar to the basics is designed to advance your skill levels by teaching you specific boxing technique, boxing defense, movement and physical conditioning.

Mon & Wed: 5am-6am

**Out Door Boxing Training-** Want to do some boxing training in the picturesque outdoors? Beginning with a warm-up run of 10 - 15 minutes to a outdoor setting, followed by a quick stretch down before commencing boxing, conditioning, pad and fitness work. This class is designed to teach you boxing technique in a fun group, outdoor environment. These sessions are broken into 5 Week Programs. New to the Box 4 Life includes free boxing wraps.

Sat: 6:45am – 8am

### POWERTONE

These 45 minute classes are great for both men and women and targets those areas that will tone and shape your body. Muscle groups are rotated weekly for better performance and growth. Discover muscles that you knew that you had! Perfect for the early morning riser or those who want more out of their day.

Tues & Fri: 6am-6:45am

### THT – Tummy, Hips & Thighs

For all those wanting to tighten up the tummies and firm up those hips and thighs, this is a new class starting which targets just these areas. 2 x 45 minute sessions per week, designed to harden, firm and burn those hard to hit areas. Lots of fun with great results.

Mon: 9:30am – 10:30am

Thurs: 10am-11am

### KBOX

**Basic & Intermediate Kickboxing-** This very popular class starts 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.

Mon: 7pm

Thurs: 7:15pm

Sat: 9:30am

### \*Kickboxing Bootcamp\*

*(by appointment)* – These early morning sessions will kick start your day in a picturesque outdoor setting, using similar exercises and training techniques to the basic KBOX sessions. Bootcamp operates as a training program over a 4 week period.

Mon, Wed & Fri: 6am-7am

### CLOSE QUARTER COMBAT

**Street Self Defence** – Based on the traditions and techniques from a variety of Martial Arts, Peter's class will help you efficiently use self defence against a potential, violent street attack on yourself, a friend or family member. You will learn to use your body as a weapon. This includes strike, kicks, takedowns, joint locks, weapon defence, ground fighting and more!

Mon: 8pm - 9pm

Tues: 7:30pm - 8:30pm

Wed: 8pm-9pm

Thurs: 6:30pm-7:30pm

Sat: 11:30am-12:30pm

### JUJITSU

**Gracie/Peter De Been** - Gracie Jujitsu is a form of martial art that focuses on grappling (wrestling) and submissions. It was developed by the Gracie family in Rio de Janeiro, Brazil in the early part of last century.

Mon: 5:30pm-6:30pm

Wed: 6:45pm-7:45pm

Fri: 5:30pm-6:30pm

### \*RUNNING GROUP\*

**Basic Running (Other times also available by appointment)**-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.

Wed: 6pm-7pm

### GROUP X TRAINING

**Women's & Mixed** - These classes are a mixture and combination of cross-training and cardio based exercises that may vary each week. The classes target weight loss, muscle tone and to increase general health and fitness. Great fun for all!

Tues: 9:15am-10:15am

Tues: 6:30pm-7:30pm

Tues: 7:30pm- 8:30pm

Wed: 9:30am- 10:30am

Thurs: 6am-7am

Thurs: 9:30am – 10:30am

Thurs: 6:30pm-7:30pm

Thurs: 7:30pm-8:30pm

Fri: 9:30am-10:30am

### ARENA STRETCH

**Yoga & Sports Stretching-** Yoga is a great physical movement that 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. Arena Stretch is useful as a recovery aid if you are training hard or if you just need to relax more.

**Beginner level-** slower in pace with basic posture and poses suited for those who are new to Yoga.

Wed 5:45pm-6:45pm

**Intermediate level-** Great for both beginners and those who want more of a challenge with more advanced techniques and poses.

Tues: 5:45pm -6:45pm

Thurs 11am – 12am

**Open level-** For beginners to advanced levels. This moves at a faster pace with a higher level of complexity, with an emphasis on core strength and conditioning.

Sat 8am – 9am

### HALF HOUR OF POWER

Short on time? Come and join the half hour of power! This group is a specialized group training session focusing on strength, cardio and core.

Sat: 9am-9:30am