

AFTERNOON & MORNING

EVENING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am	Ride & Lift	L.U.C.C. Circuit	Bike, Ski, Row (6.15am)	R1DE Box	L.U.C.C. Circuit (6.15am)		
7.00am			Morning Glory SPPT		Morning Glory SPPT		
8.15am						SPPT Breakfast Club	
9.45am	Shred and Thread	Ride	Booty Blast	12 Rounds	L.U.C.C. Circuit	9.30am Shred and Thread	L.U.C.C. Circuit
10.30am	300	300	Flex and Flow	300		Booty Blast	300
1pm		SPPT PT Studio		SPPT PT Studio			
6pm Main Studio	L.U.C.C. Circuit	Ride Box	Booty Blast	Ride	12 Rounds Circuit		
7pm SPPT Studio	SPPT PT Studio	SPPT PT Studio	SPPT PT Studio	SPPT JOHN PT Studio			
7pm The Pitt		1 Life Boxing Academy		1 Life Boxing Academy			
7pm Main Studio	Ride/Lift	L.U.C.C. Circuit	Box - Lift	Booty Blast			
8pm	300		300				

- **S.P.P.T** - Is **Semi Private Personal Training** taught in our spacious and private studio which is Coached by our Master Trainer John. The class is an hour long and cover all the fundamentals of exercise and gets you results . Please speak to a member of staff for prices and to sign up.
- **Shred and Thread** - is a 45 minute total body workout doing rounds on the thread mill and resistance training. The class is great to burn fat and tone up by mixing cardio and weight training to get a higher calorie burn.
- **Ride Box** - is the perfect upper body lower body cardio workout by doing 3 minute rounds on either the bike or punch bag and getting you supper fit. No skills needed to punch the bag or cycle the bike as the class is structured for all levels of fitness and skill set.
- **Ride Lift** - is a mixture of boxing on the punch bags and resistance training focusing on all major body parts. It is a great way to burn calories and get your distance in on the bike without sacrificing your weight training.
- **300** - is our signature abs class. We complete 300 core movements focusing on the abdominals, obliques and Lower back to give you the best Core strength for every day living.
- **Fitness Challenge** - is a new international concept of fitness competition training for gym goers. Similar to cross fit where we count your reps based on gym floor exercises without the extreme risks associated with cross fit training. This class is for everyone as you go at your own pace and you only lift what you are comfortable with.
- **12 Rounds** - is exactly what you think it is . 12 rounds of letting loose on the punch bags and mixing up the routines with fitness drills.
- **L.U.C.C** - This is the One Life fitness perfect circuit training class by doing **Lower body, Upper body, Cardio and Core** movements throughout each round of circuits. This is how the One life staff team train .
- **One Life Boxing Academy** - is a semi private personal training class teaching all the fundamentals of boxing and showing correct technique for hitting anything. The class is non contact and great fun with a maxim of 10 participants to ensure everyone gets the correct coaching.