

# CLASS SCHEDULE

## CAMDEN QUAY

**ONE LIFE FITNESS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	€ SPPT 7:00AM	SUNRISE YOGA 7:00AM	€ SPPT 7:00AM	BOX SWEAT 7:00AM	METCON 7:00AM		
	LIFT 10:00AM	BOX SWEAT 10:00AM	METCON 10:00AM	BOX SWEAT 10:00AM	FUNCTIONAL FRIDAY 10:00AM		
						METCON 11:00AM	BOX SWEAT 11:00AM
AFTERNOON							
EVENING	BOX SWEAT 6:00PM	ZUMBA 6:00PM	BOOTY BLAST 6:00PM	ZUMBA 6:00PM	YOGA 6:00PM		
	BOOTY BLAST 7:00PM	LIFT 7:00PM	BOX SWEAT 7:00PM	BOX SWEAT 7:00PM			
	ABS & CORE 8:00PM	ABS & CORE 8:00PM	LIFT 8:00PM	YOGA 8:00PM			

### CLASSES

#### LIFT

A full body barbell workout leaving no muscle group untouched.

#### METCON

Short for metabolic conditioning, metcon describes a type of workout that most commonly combines strength training & cardio conditioning, as well as both anaerobic & aerobic exercises.

#### ABS & CORE

This class will concentrate on strengthening your core muscles. Including your abdominal muscles, back muscles & the muscles around the pelvis. This includes twisting, crunches, planks, among other core exercises.

#### BOOTY BLAST

Cardio/Strength Classes. Also known as Abs, Booty, Cardio - this class is a toning, strengthening & endurance workout that targets the Core, Glutes & Lower Body

#### YOGA

Our Yoga incorporates yoga postures, gentle movements, breath work & silent meditation.

#### ZUMBA

Zumba® is an interval-style dance fitness party that combines low-intensity & high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves.

#### FUNCTIONAL FRIDAY

Jump, punch & kick your way to a high intensity circuit, designed to work on all aspects of your fitness.

#### BOX SWEAT

A mixture of hitting our designer boxing bags in our Camden Quay Club with continuous cardio movements such as high knees, burpees, push-ups, etc. that will increase your strength & teach you to control your heart rate as well as getting your sweat on.

**SPPT** Our Semi Private Personal Training is our small group Personal training product, designed to teach you the fundamentals of fitness including Squats & Deadlift under the watchful eyes of our personal trainer, max number in this class is 6 people to one training, this allows for a lot of personal attention to be given to each client