

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am		<b>HIIT</b>	<b>BOX FIT</b>	Suspension Training 			
7.00am	<b>BAT CAMP</b>				 <b>BODY BLAST</b>		
8.15am						<b>DANCE JAM</b>	
9.00am							<b>PUMP</b>
9.15am	<b>STEP</b>	<i>yoga</i>	<b>CURVES CORE</b>	<u>BarreSculpt</u>	<b>BOX FIT</b>	<b>BOX FIT</b>	
10.00am						<b>CURVES CORE</b>	<b>CURVES CORE</b>
10.30am	<i>pilates</i> 	<b>ZUMBA</b>	 <b>BODY BLAST</b>	<b>PUMP</b>	<i>yoga</i>		
12.15pm		Suspension Training 		 <b>BODY BLAST</b>			
12.30pm						<b>I Karpa</b> 	
1.00pm	★ <b>BOX FIT</b>		★ Suspension Training 	<b>POWERHOOP</b>	★ <b>HIIT</b>	<b>Opening times:</b>  Monday – Thursday 5.45am – 8.30pm Friday 5.45am – 7.30pm Saturday 7.30am – 2.30pm Sunday 7.30am – 1.00pm	
4.30pm							
5:00pm	★ Suspension Training 		★ <b>CURVES CORE</b>				
5.30pm	<b>PUMP</b>	<i>pilates</i> 	burn · sculpt	<b>STEP</b>	★ <b>CURVES CORE</b>		
6.30pm	burn · sculpt	<b>DANCE JAM</b>	<i>yoga</i>	<b>PUMP</b>			

<b>PUMP</b>	<b>CURVES &amp; CORE</b>	<b>POWERHOOP</b>	<b>PILATES</b>
Get ready to tone those muscles and increase your metabolism with this full-body resistance training class using barbells.	Focuses on toning & strengthening the abdominals, lower back, hips and butt. Each 45 minute class focuses on form, the technique involved in toning & stretching, and building strength in this area	The Powerhoop workout is a structured, group exercise and hoop is used as a resistance tool for stretching, strengthening and aerobic training. BUT MOST OF ALL HAVE FUN!!!	This class is focused on increasing strength and awareness of the core incorporating stability, flexibility & balance.
<b>BOXFIT</b>	<b>BURN &amp; SCUPLT</b>	<b>STEP</b>	<b>DANCE JAM</b>
This is a class that combines boxing technique with punching combinations on focus pads to ensure a great fitness workout.	This class will focus on strengthening muscles you never knew you had. Strengthen, tone, and sculpt your entire body while also generating a metabolic effect that will continue to burn fat for hours after the workout	A class with a mix of creative routines and a whole lot of rhythm based on and around the step. With intermediate choreography this class is designed to extend your step skills, challenging the mind and body.	It is time to jam like you are on the dance floor! The class will vary based on the style, background and training of the instructor but could be inspired by hiphop, funk, jazz, Latin, modern, etc.
<b>BODY BLAST</b>	<b>ZUMBA</b>	<b>YOGA</b>	<b>BOOTCAMP</b>
A high energy - circuit style class, that will burn calories, tone and shape your body	The class that started the dance-fitness revolution and changed the way we look at "workout" forever. It's fun, effective and best of all made for everyone.	Yoga consists of postures, breathing & relaxation to enhance flexibility and mental awareness and reduce stress.	Bootcamp is a wide variety of interval training such as lifting weights/objects, plyometrics, and intense explosive routines.
<b>HIIT &amp; HIIT XPRESS</b>	<b>SUSPENSION TRAINING</b>	<b>BARRE SCULPT</b>	<b>KANGOO JUMPS</b>
A functional high intensity workout. 30 Mins for Express class.	Suspension Training is the original, best-in-class workout system that leverages gravity and your body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.	These Barre-inspired workouts blend ballet, Pilates, isometric holds and functional strength training to give you a heart-pumping workout and tone you head to toe.	80% lower impact, fun & exciting; Great workout & safe

★ Classes with a star assigned is an express class of 30 minutes. 6am classes are 45 minutes; 7am classes are 55 minutes; 9.15am classes are 45 minutes; 10.30am classes are 55 minutes. All evening & weekend classes (except Boxfit Saturday 9.15am are 55 minutes. Turn up early to ensure a place in the class. Occasionally classes may need to be changed or cancelled due to sickness. Classes subject to change over Christmas period and public holidays.



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