

CLASS TIMETABLE

MON

SPIN	6.00 - 7.00am
FIT	10.00 - 11.00am
STRONG *	1.00 - 2.00pm
FIT	7.00 - 8.00pm

TUES

BOX	9.00 - 10.00am
MOVE	10.00 - 11.00am
STRONG	10.00 - 11.00am
FIT	12.00 - 1.00pm
FIT	7.00 - 8.00pm
BOX	8.00 - 9.00pm

WED

SPIN pre-book only	6.00 - 7.00am
SPIN pre-book only	10.00 - 11.00am
STRONG * ladies only	12.00 - 1.00pm
SENIORS 60+	2.00 - 3.00pm
FIT	7.00 - 8.00pm
BEGINS	7.00 - 8.00pm

THUR

FIT	10.00 - 11.00am
BOX	6.00 - 7.00pm
STRONG *	7.00 - 8.00pm

FRI

BOX	6.00 - 7.00am
BOX	10.00 - 11.00am
BEGINS	10.00 - 11.00am
FIT	12.00 - 1.00pm
SPIN pre book only	6.00 - 7.00pm
STRONG	6.00 - 7.00pm

SAT

BOX	8.30 - 9.30am
FIT	9.30 - 10.30am
BEGINS	9.30 - 10.30am
MOVE	10.30 - 11.30pm
SENIORS 60+	10.30 - 11.30pm

SUN

FIT	10.00 - 11.00am
JUNIORS 8-14	1.00 - 2.00pm

*For Intermediate and advance clients. All other classes are appropriate for all levels of ability.



CLASS DETAILS



Better Body FIT

Fitness is defined as being able to meet the demands of your environment, and those demands are high at The Better Body Group. Whatever your age, size or shape, there will be a BB FIT class appropriate for you. Each Exercise Specialist brings their own personality and expertise to the class, so choose wisely. These circuit based classes involve all kinds of kit, from kettlebells to prowlers, perfect for those looking to strip some body fat and improve overall fitness.

Better Body STRONG

Strength is more than just a physical trait. It's an attitude. It's a mind-set. This workout will strengthen your body and mind using scientifically researched Strength and Conditioning principles, under the supervision of our Post-Graduate Qualified Exercise Specialists.

This class is best suited for those with moderate and above experience.

Better Body SPIN

A revolutionary Hybrid of Indoor Cycling and Strength and Conditioning. High Intensity Interval Training on state of the Art Keiser M3's, with sled, and bodyweight circuits thrown in for good measure. Perfect for any level of fitness or ability.

Better Body BOX

Violence is not the answer. However, expression of channelled aggression through martial arts has shown to improve mental and physical health. Plus, it's a kick-ass workout. Beginners welcome!

Better Body MOVE

Stretch, stabilise, mobilise. Joint health and mobility are corner stones for injury free training and optimized longevity. Move like nature intended and build the foundations of a functional, lean physique. This is an ideal class for those looking to loosen up, recover from injury or those looking for a gentler start to life at BBG.

Better Body BEGINNERS

This class is aimed at those beginning their Better Body journey, or returning to exercise after a long break. This entry level class will focus on exercise basics, core stability, strength training and conditioning. A perfect introduction to training. Classes are capped at just 10 people to make sure we can provide specific coaching cues and advice to those looking for a more gentle approach to training.