

ShearFitness Fitness Class Timetable

Time		Monday		Tuesday		Wednesday		Thursday		Friday
6.15am	45mins	Metabolic Mornings	45mins	Functional Fitness	45mins	Metabolic Mornings	45mins	Functional Fitness	45mins	Metabolic Mornings
9.30am					4 hours	Water Babies				
10.00am	45mins	Body Conditioning	45mins	BLT	45mins	Functional Fitness	45mins	BLT	45mins	Body Conditioning
11.00am	40mins	Aqua Aerobics	40mins	Aqua Aerobics			40mins	Aqua Aerobics		
1pm			30mins	Spin			30mins	Spin		
5.30pm	30mins	Body Conditioning	30mins	HIIT	30mins	BLT	30mins	Metabolic Conditioning	30mins	Functional Fitness
6.15pm	30mins	Body Conditioning	30mins	HIIT	30mins	BLT	30mins	Metabolic Conditioning	30mins	Functional Fitness
7pm	30mins	Body Conditioning	30mins	HIIT	30mins	BLT	30mins	Metabolic Conditioning	30mins	Functional Fitness
8.15pm			30mins	Aqua Aerobics			30mins	Aqua Aerobics		

HIIT	Body Conditioning	Functional Fitness	Metabolic Mornings/ Metabolic Conditioning	BLT	Spin	Aqua Aerobics
A high intensity class, based around full body exercise. Build muscle whilst also burning calories.	Circuit style class with different intensities and movements to achieve a full body workout.	A program based class for functional movements. Performed at different intensities	A class designed to test your aerobic and anaerobic ability. Moderate to High intensity	Bums, Legs, Tums. A class designed to target the lower body, A mix of intensities.	A high intensity workout designed for burning calories and testing your cardiovascular ability	The most popular water-based fitness class returns! A class for increasing flexibility and ease of movement.