

Jan-19

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday		Sunday	
Zumba Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Boot Camp Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	Cardio Blast Gate 2* Time: 7pm to 8pm Duration: 1 Hour	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Superfit.Community (Run) Gate 2* Time: 7pm to 8.30pm Duration: 1.5 Hours	ELXR® Fitness Assessment Gate 2* Time: 7pm to 9pm Duration: 2 Hours	Yoga Lawn Bowls* Time: 7pm to 8pm Duration: 1 Hour	Superfit.Community (Run) Gate 2* Time: 9am to 10.30am Duration: 1.5 Hours	ELXR® Fitness Assessment Gate 2* Time: 9am to 11am Duration: 2 Hours	Cardio Blast Gate 2* Time: 9am to 10am Duration: 1 Hour
	1 NEW YEAR'S DAY	2 Cardio Blast and Zumba	Arm Poses, Shoulders and Inversion	3 Scope of focus: Agility Limbwork for Quickness and Dexterity		4 Leg Strengthening, Poses, Thigh, Inner Thigh	5 Scope of focus: Agility Limbwork for Quickness and Dexterity		6 Freestyle Cardio and Zumba Fitness
7 Zumba Fitness	8 Tabata - Lower Limbs and Speedwork	9 Cardio Kickbox and Zumba Fitness	Leg Strengthening, Poses, Thigh, Inner Thigh	10 Scope of focus: Strength Isolation Exercises for Strength and Endurance		11 Hip Opening, Poses, Lower Back, Balancing	12 Scope of focus: Strength Isolation Exercises for Strength and Endurance	ELXR® Fitness Assessment	13 Freestyle Cardio and Zumba Fitness
14 Zumba Fitness	15 Tabata - Lower Limbs, Strengthening	16 Hi-lo Aerobics and Zumba Fitness	Hip Opening, Poses, Lower Back, Balancing	17 Scope of focus: Functional Movement Functional Stability: Postural Control, Balance, and Rotation *FIT-Sessions shift to gate 3 & 4		18 Core Poses, Upper Back, Twisting	19 Cancelled due to event		20 Cardio HIIT and Zumba Fitness
21 Zumba Fitness	22 Total Body Conditioning - Fartlek	23 Cardio Kickbox and Zumba Fitness	Core Poses, Upper Back, Twisting	24 Scope of focus: Power Explosive Isolation Exercises for Power	ELXR® Fitness Assessment	25 Arm Poses, Shoulders and Inversion	26 Cancelled due to event		27 Zumba Fitness and Cardio Kickboxing
28 Zumba Fitness	29 Cardio HIIT - Agility training	30 Cardio HIIT and Zumba Fitness	Arm Poses, Shoulders and Inversion	31 Scope of focus: Aerobic Conditioning Aerobic Capacity Training: Run Endurance					