



# ESSENDON CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

[BOUNCEINC.COM.AU](http://BOUNCEINC.COM.AU)

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am	<b>BLAST</b>	<b>BLAST</b>	<b>BLAST</b>	<b>BLAST</b>	<b>BLAST</b>	<b>BLAST</b>	
10am	<b>MOVE</b>	<b>MOVE</b>	<b>CORE</b>	<b>MOVE</b>	<b>MOVE</b>		
6pm	<b>BLAST</b>	<b>MOVE</b>	<b>BLAST</b>	<b>MOVE</b>			
7pm	<b>BLAST</b>	<b>CORE</b>	<b>MOVE</b>	<b>CORE</b>			

Note: Classes run at a limited timetable during school & public holidays

## 3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:



A jumping based class combining cardio and core fitness for a whole body workout!



Combines cardio and strength blasts into a high intensity interval training workout



Develop core strength and balance through a series of low-impact, challenging exercises that focus on strength over aerobic activity