



GLEN IRIS CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

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

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