BOUNCE FIT

TINGALPA CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

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

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

3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:

FIT MOVE

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

FIT BLAST

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

FIT CORE

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