



# ADELAIDE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

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

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am						MOVE	
9am					MOVE	CORE	
5pm	MOVE	MOVE	CORE	BLAST			
6pm	MOVE	CORE	MOVE	MOVE			
7pm	CORE	MOVE	BLAST	MOVE			

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