



# GLEN IRIS CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

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

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am	MOVE	BLAST	CORE	MOVE	BLAST	9am CORE	
6pm	BLAST	CORE	MOVE	BLAST			
7pm	CORE	BLAST	BLAST	CORE			

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