



# SKY ZONE ALEXANDRIA

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
am	6:15	bootcamp 45 mins		bootcamp 45 mins		bootcamp 45min					
	7:30										
	8:00						combo 45 mins				
	10:15					combo (perfect for mums with bubs) 30 mins					
pm	6:00					bootcamp CARDIO 30 mins					
	6:15		jump start 30 mins	ab, butts, legs 30 mins		jump start 30 mins					
	6:30		aerial abs 30 mins		bootcamp STRENGTH 30 mins						
	6:45	bootcamp CHALLENGE 45 mins		jump start 30 mins		find your balance 30min					
	7:00		combo 30 mins	bootcamp FLEX 30min							
	7:15				hifiit 45 mins		jump start 30 mins				
	7:30	hifiit 45 mins					skills* 30 mins				
	7:45										
	8:00			bootcamp CLIMB 45min							
		ab, butts, legs	bootcamp	hifiit	combo	climb	no ifs, just butts	aerial abs	skills* members exclusive only	jump start	find your balance



# SKYFIT CLASSES

## Jump Start

Haven't stepped foot on a trampoline since you were a little tyke? This is the class for you. Jump Start is a cardio-based program for anyone who's getting back into the game after a bit of time off. Learn basic jumps, burn some calories and get your body moving!

## Aerial Abs

**A strong core makes life easier. This half hour core control session will improve your posture, balance and overall wellbeing, not to mention a flat stomach and sexy abs.**

## HiFIIT (High Flyers Intensity Interval Training)

HiFIIT is a high intense exercise involving interval bursts that'll get you fit and strip fat fast. What more could a fitness addict ask for? This is the class where you can learn advanced movements and up your anti-gravity game.

## Heart Starter

Our intermediate class. For those who want to have fun, get their heart rate up and master the basics, before going on to finessing those flips, tricks and somersaults.

## Sky circuit

**Circuit style class which is aimed at strengthening through equipment based movements. BYO workout buddy or pair up with another solo flyer and push each other to work hard. Running through 9 different stations, you'll get a great mix of strength, stability and a general full body workout.**

## COMBO

Would love to know what else Skyfit has to offer, but can only make it on the weekend? Have a go at this taster class - 5-10 minutes of each class to get an absolute full body workout in 45 minutes. Cardio, strength, circuit and HIIT all in one!

## Find Your Balance

Need a way to unwind at the end of a day? We're using the unstable trampoline surface to our advantage and showing you how to use slow, controlled movements to increase that core strength, mobility and flexibility.

## No ifs, Just Butts

Want to step up that booty game? Work hard, get toned, get stronger. Our 30-min lower body intensive workout that will leave you literally aching for more!

## Bootcamp

Bootcamp is running for 8 weeks starting February 5th. Combining HIIT and functional training on and off the trampoline. Strength, cardio and skills training that will help you to achieve massive fitness goals. Bootcamp classes available to all members.

## Skills

Learn trampoline tricks that will impress your mates and make you feel like a kid again. From back drops to somersaults. See your trainer before you book yourself in to see if this class is suitable for you.