



# SKY ZONE MIRANDA

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
am	7:00	bootcamp 45min		bootcamp 45min		hiifit 45min	
	8:00					combo 45 mins	
	8:30						
				combo (perfect for mums with bubs) 30 mins			
pm	6:00	jump start 30 mins	bootcamp STRENGTH 30min				
	6:30	aerial abs 30 mins	jump start 30 mins	abs, legs, butt 30 mins	bootcamp CHALLENGE 30min		
	7:00		hiifit 45 mins	bootcamp CARDIO 30min	jump start 30 mins		
	7:30	bootcamp CLIMB 45min					
	heart starter	hiifit	combo	no ifs, just butts	skills* members exclusive only	jump start	aerial abs



# 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!

## **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.

## **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!

## **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!

## **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.

## **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.

### 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.