



SKY ZONE ALEXANDRIA

August 2018		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
am	5:16			Outdoor 45 mins		Beast Mode 45 mins	
	7:30						
	8:00						Intermediate 45 mins

pm	00 6		Beginners 30 mins	Activation 30 mins		Strength and Conditioning 30 mins		Skills 30 mins			
	6:15										
	6:30	Beast Mode 45 mins	Activation 30 mins	Beginners 30 mins		Beginners 30 mins		Stretch 30 mins			
	6:45										
	7:00										
	7:15	Climb 45 mins	Strength and Conditioning 30 mins	Stretch 30 mins		Activation 30 mins		Beginners 30 mins			
	7:30										

Beginners	Intermediate	Beast Mode	Stretch	Activation	Strength and Conditioning	Skills	Outdoor	Climb
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SKYFIT CLASSES

Beginners

Getting back into the game after some time off? Wanting to try something new? Our beginners class will spring you into action! Learn basic jumps, burn calories and get your body moving with this foundational class.

Intermediate

No longer a novice? Time to chase the challenge, while keeping your confidence in our intermediate sessions! Now that your body is training consistently and intelligently, its time get closer to your goals in this killer cardio work out.

Beast Mode

Activate, Beast Mode. This class is a high intensity workout involving interval bursts, designed to get your fit fast! Expect a combination of power, speed and strength to up your anti-gravity game. What more could a fitness addict ask for?

Stretch

Need a change of pace? Find your zen in our stretch class. Unwind and focus on flexibility as we stretch your body into alignment.

Activation

Using the unique, maluable surface to our advantage, we're dlalling up the functional training in this workout to make you fighting fit and ready for whatever the day throws at you.

Strength and conditioning

A strong, healthy body makes life easler. This session is a strength endurance workout to build lean muscle and burn fat. Watch your strength levels soar!

Skills

Explore your trampolining potential through a structured, tailored program. This class is ever evolving and inclusive to all skill levels! (Available to members only)

Outdoor

Sweat it out while watching the sunrise! This body weight, functional training session is the perfect addition to any of our classes. Mimic the same movement on ground that you do on a trampoline and feel the difference.

Climb

Experience a whole new kind of excercise class using our incredible climbing walls. We'll take you from the floor to sky high in a circuit-style class that works muscles you didnt even know you had.