



# SKY ZONE ALEXANDRIA

| April 1st until May 6th |      | Monday          | Tuesday                   | Wednesday                 | Thursday           | Friday                    | Saturday      |
|-------------------------|------|-----------------|---------------------------|---------------------------|--------------------|---------------------------|---------------|
| am                      | 6:15 |                 |                           | combo 45 mins             |                    | hifit 45min               |               |
|                         | 7:30 |                 |                           |                           |                    |                           |               |
|                         | 8:00 |                 |                           |                           |                    |                           | combo 45 mins |
| pm                      | 6:00 |                 |                           |                           |                    |                           |               |
|                         | 6:15 |                 | jump start 30 mins        | ab, butts, thighs 30 mins | jump start 30 mins | ab, butts, thighs 30 mins |               |
|                         | 6:30 |                 |                           |                           |                    |                           |               |
|                         | 6:45 | circuit 30 mins | ab, butts, thighs 30 mins | jump start 30 mins        | circuit 30 mins    | find your balance 30min   |               |
|                         | 7:00 |                 | combo 30 mins             | find your balance 30min   |                    |                           |               |
|                         | 7:15 | hifit 30min     |                           |                           |                    | jump start 30 mins        |               |
|                         | 7:30 |                 |                           |                           | CLIMB 45min        | skills* 30 mins           |               |
|                         | 7:45 |                 |                           |                           |                    |                           |               |
|                         | 8:00 |                 |                           |                           |                    |                           |               |

  

|            |                   |                   |         |       |       |       |                                |
|------------|-------------------|-------------------|---------|-------|-------|-------|--------------------------------|
| jump start | find your balance | ab, butts, thighs | circuit | hifit | combo | climb | skills* members exclusive only |
|------------|-------------------|-------------------|---------|-------|-------|-------|--------------------------------|



# 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!
- HIFIT (High Flyers Intensity Interval Training)**  
HIFIT 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.
- 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 HIT 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.
- 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.
- Abs, Butts and Thighs**  
A strong core makes life easier. This half hour control session will improve your posture, balance and overall wellbeing, not to mention a flat stomach and sexy abs. Want to step up that booty game? Work hard, get toned, get stronger. Our 30-min core and lower body intensive workout that will leave you literally aching for more!
- Climb**  
Bring your shoes for this exciting class where you scale the walls with a circuit style fitness class. This class does not contain trampolines, and it does involve rock climbing.