



GLEN IRIS JUNE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

| DAY/TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| 9am | MOVE | MOVE | BLAST | BLAST | CORE | BLAST | |
| 10am | CORE | BLAST | MOVE | CORE | BLAST | | |
| 6pm | BLAST | CORE | CORE | MOVE | | | |
| 7pm | CORE | BLAST | BLAST | CORE | | | |

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