



ROBINA JUNE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

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

3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:



A jumping based class combining cardio and core fitness for a whole body workout!



Combines cardio and strength blasts into a high intensity interval training workout



Develop core strength and balance through a series of low-impact, challenging exercises that focus on strength over aerobic activity