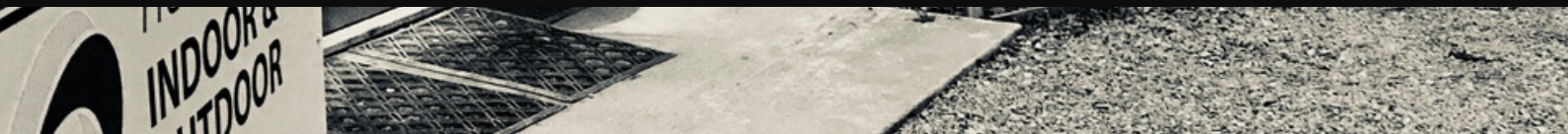




















FREESTYLE360

GROUP TRAINING | STARTS 29 MARCH 2021

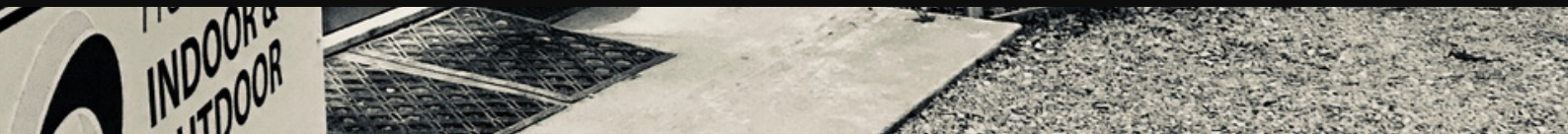








DAY	TIME		CLASS
M	06:30-07:15		Spin - RISE 45
	09:00-10:00		Bodyweight HIIT
	18:00-19:00		Spinergy
	18:00-19:00		Family Circuits
T	06:15-07:00		RISE 4 Circuits
	09:00-10:00		Women's Step
	18:00-19:00		Sport Spin
	18:00-19:00		Shape Up
W	06:30-07:15		Spin - RISE 45
	09:00-10:00		FarmFit
	18:00-19:00		HIIT Step
	18:00-19:00		Spinergy
T	06:15-07:00		RISE 4 Circuits
	09:00-10:00		Circuits
	18:00-19:00		Spin60
	18:00-19:00		Bodyweight HIIT



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GROUP TRAINING | STARTS 29 MARCH 2021



DAY	TIME		CLASS
F	06:30-07:15 09:00-10:00 18:00-19:00	  	Spin - RISE 45 Women's Conditioning Boxing Conditioning
S	08:00-09:00 09:00-10:00	 	Cyclone Spin FarmFit
S	09:30-10:30		Sunday Circuits

DETAILS AND BOOKINGS VIA GLOFOX APP

CLASS LOCATION:

 ONLINE  FARM

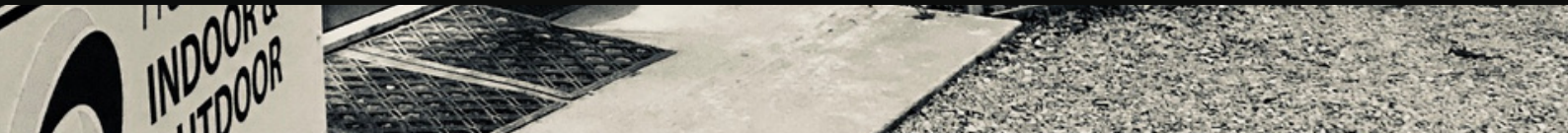




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CLASS DESCRIPTIONS | MARCH 2021



Bodyweight HIIT

High-intensity interval training infused with resistance exercises. A great way to torch fat while building the foundations to the body you want.

Boxing Conditioning

A circuit-style boxing fitness class. All abilities welcome. Sadly we can no longer pad box due to the COVID regulations. You will need your own gloves and pads.

Circuits:

Rise 4 Circuits

Get ahead of the day with Adam and his 45-minute exhilarating studio based combinations of fitness and core stability.

Circuits

A varied class of strength, cardio and core.

Family Circuits

Circuit training for the whole family and all abilities.

FarmFit

An outdoor army-style interval training workout with bursts of intense activity and rests of lighter activity. You can expect explosive cardio, bodyweight exercises such as pullups, pushups and commando crawls, as well as tyre flips, drills and sprints. Please wear suitable clothing, outdoor shoes (you might get muddy) and waterproofs if needed!

Sunday Circuits

A tough Sunday workout with Tim Rew. Based around strength and movement, everyone is put through their paces.



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| CLASS DESCRIPTIONS | MARCH 2021



HIIT Step

A high intensity class using bodyweight and step exercises to burn fat and improve fitness.

Shape Up

Georgii offers a dynamic strength and conditioning class exclusively for women who want to 'shape up!'

360 Spin:

If it's high-intensity, fat burning and beat-driven indoor cycling you are after, then these are the classes for you. Whether you are a complete beginner or an accomplished cyclist, 360 Spin has everything you need and ticks all the boxes.

RISE for Spin – a 45-minute early morning calorie burner for those who want to get it done!

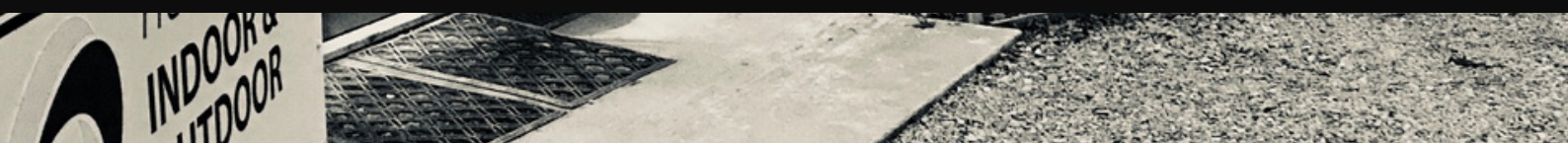
360 Spinergy – High-energy, top tunes and a massive calorie burn.

Spin60 – Fast and furious from the off. Non-stop racy tunes for the whole 60 minutes.



FREESTYLE360

CLASS DESCRIPTIONS | MARCH 2021



Sport Spin - A structured interval and intensity-based indoor cycling session offering benefits for both strength and fitness.

Cyclone Spin – Kick the weekend off with our popular Saturday morning session. Loud, intense and packs a punch!

Women's Conditioning: Targeted workouts for women of all ages.

A class which compliments cardio and HIIT training to build muscle tone in all the right places.

Women's Step: The best of both worlds.

Created for those who don't want to choose between cardio and strength training, this class will build and burn in equal measure.