

# S.FIT

## BOOKINGS VIA THE SOUTHPORT SHARKS H+F APP

TIME	MON	TUES	WED	THURS	FRI	SAT
5:30am	<b>COMPOUND</b>		<b>P 4 P BOXING</b>		<b>ULT. CIRCUIT</b>	
6:30am						<b>DOWN &amp; DIRTY</b>
9:30am		<b>PAINSTORM</b>			<b>K' BELL HARDCORE</b>	
5:30pm		<b>ULT. CIRCUIT</b>		<b>PAINSTORM</b>		

### **PAINSTORM**

This high intensity interval training style class will hit you like a lightning bolt, designed to ramp up the heart rate and the calorie burn. This class caters for all fitness levels, especially those who really want to make a change to their fitness.

### **COMPOUND**

Get ready to lift like never before. This class is all about getting strong, building muscle and having a blast doing it! The best thing about *Compound* is you will be burning calories all day long.

### **POUND 4 POUND BOXING**

Channel your inner Muhammad Ali for this awesome workout in our newly designed boxing zone. Learn how to throw uppercuts, jabs and crosses like the pros. Everyone loves a good boxing session- float like a butterfly into the next *Pound 4 Pound Boxing* class.

### **ULTIMATE CIRCUIT**

Have you tried circuit training before? Not like this! Prepare to work and work and work some more- this session is a combination of strength and high intensity cardio to get you in the best shape of your life.

### **KETTLEBELL HARDCORE**

Want the strongest core on the coast? This class is for you! Kettlebells are the best piece of equipment to really get the core working in combination with ballistic fast and slow grinding movements. This class will test every muscle in your body and even introduce you to muscles you didn't know you had.

### **DOWN & DIRTY**

Like training outdoors? Down & Dirty is an outdoor, military inspired bootcamp training experience, where you'll drag yourself through a rugged and tough session of pure fun...We promise!

Please arrive in plenty of time to begin your session. **Late arrivals may be refused entry.**