

# What's on?



To find out more or book any of our classes please speak to one of the team.

Monday		Tuesday		Wednesday		Thursday		Friday	
07.30-08.00	MEGA Core	07.15-07.45	MEGA Spin	07.30-08.00	MEGA Core	07.15-07.45	MEGA Spin	12.00-13.00	Pilates
13.15-14.00	MEGA Pump	12.00-12.45	MEGA Kettlebells	12.15-13.15	MEGA 10 Up	12.00-12.45	MEGA Insanity	13.15-13.45	MEGA HIIT
17.15-18.15	Yoga	13.00-14.00	Yoga	17.00-17.45	MEGA Bootcamp (Ladies only)	13.00-14.00	Yoga	17.15-17.45	MEGA Core
18.30-19.15	MEGA TRX	17.15-18.00	MEGA Box	18.00-19.00	Pilates	18.00-18.45	MEGA Kettlebells	18.00-18.30	MEGA Spin
19.30-20.00	MEGA Spin	18.15-19.00	MEGA Insanity	19.15-20.00	MEGA Spin	19.00-19.45	MEGA Pump		

Commencing from 9/1/17

## Class Description

- MEGA Core - Target and challenge the abdominals back and hips in this intense and dynamic workout.
- MEGA Box - A combat sport focusing on all techniques to achieve both a cardio and combat workout.
- MEGA TRX - A varied approach of functional movements using suspension aids. Be prepared to push your limits.
- MEGA Kettlebell - An all over body workout using explosive key kettlebell techniques.
- MEGA Bootcamp - A military style station based class to challenge your stamina, muscular strength and endurance, using a variety of equipment and exercises, pushing you to your limits!
- MEGA Spin - A traditional spin class focusing on improving stamina and muscular endurance.
- Pilates - A gentle mind-body approach to exercise aiming to create muscle balance, core stability and maintain mobility in joints.
- MEGA Pump - A full body workout using bars and plates to tone and shape up.
- Yoga - A Yoga class that will improve, strength, flexibility and posture.
- MEGA 10 up - An intense 60 minute class featuring high repetition full body movements.
- MEGA HIIT - High intensity training, an exercise strategy alternating short outbursts of intense anaerobic exercise with short recovery.

## Class rules

- ME classes must be booked in advance, either online or at the ME reception desk.
- Attendance must be confirmed at the ME reception desk, prior to each class.
- Class charges apply for non members.
- 6 hours' cancellation notice is required from attendees in order to cancel a class booking.
- ME classes must obtain a minimum of two participants to take place.
- In the event of a class cancellation, attendees will be contacted via email.
- Appropriate clean clothing and shoes must be worn at all times during classes.
- Class participants must complete a PARQ confirming a state of good medical health, prior to class participation.
- More Energy reserves the right to change the timetable at short notice.
- Due to limitations the class timetable is suspended throughout the month September, each year.

