



T I M E T A B L E



AS OF JULY 2023

	MON	TUE	WED	THU	FRI	SAT
5:45am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	7:00am TOTAL BODY BLITZ
6:30am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	
9:30am	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE	HIIT	9:00AM TOTAL BODY BLITZ
5:15pm	HIIT				HIIT	
6:00pm	HIIT	STRENGTH	CIRCUIT BOXING	STRENGTH & CORE		
7:00pm		YOGA*				



All Boot Camps run for 45min.

Yoga is 60min.
*Only runs with min 3 people booked in



Must book online.

Please cancel your booking prior if you can't attend.



All members must swipe in upon every visit.



Please bring your own gloves boxing circuit class. Some spares are provided if needed.

SESSION DESCRIPTIONS

HIIT High Intensity Interval Training

These sessions cater to all fitness levels, and our mission is to take everyone no matter where they are starting from and transform their body into the ultimate fat burning machine! We keep your body guessing by playing with work rest ratios and format so you will never do the same session twice.

Fit Shop Strength

These full body iron-pumping sessions are great for building lean muscle, increasing muscle strength, endurance and toning up those stubborn areas. Lean muscle is the key to increasing your metabolism for long-term weight loss success. TFS Strength sessions are like no-other, they are well structured and thought out with your long term health and well-being in mind. Then on Thursday's we spice things up with some extra core work.

Circuit Boxing

The Fit Shop Boxing is based on a foundation of good technique to give you an insane workout! You can expect to get your heart pumping and a huge calorie burn from these sessions, whilst having a great time. Covid restrictions have meant we need to tweak our usual boxing session to ensure people can socially distance. This is where circuit boxing was born. These sessions are varied week to week with circuit training, kickboxing and heavy bag sessions.

Total Body Blitz

Total Body Blitz is all about adding variety, Mixing strength and HIIT style training all into one sweaty session to help you get the most out of your training. You will experience a mix of strength training, cardio, core work and sometimes even boxing! It's the best way to start your weekend and get some calorie credits as well!

Yoga

This yoga class is aimed to strengthen, tone and repair the body. Our Yoga instructors specialise in Yoga therapy for injuries and disease and are qualified to design a yoga practice which is suitable for all students' needs/limitations.

Mat Pilates

At TFS we're all about longevity and long term health over short-term results. Pilates is the perfect way to help ensure you stay strong and injury free for years to come. Our mat pilates sessions, like all our workouts, are tailored to all abilities and a great way to help fill any 'gaps' in your training regime, by targeting many of the weaker or least utilised muscle groups.