

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SPIN</b> 7:00am (30mins) <b>Drew</b>	<b>BOX/STRENGTH</b> 6:30am (30mins) <b>Sherry</b>	<b>SPIN</b> 7:00am (30mins) <b>Drew</b>	<b>BOOTCAMP</b> 6:30am (30mins) <b>Deb</b>		
<b>HIIT &amp; CORE</b> 8:45am (45mins) <b>Sherry</b>	<b>BOOTCAMP</b> 8:45am (45mins) <b>Sherry</b>		<b>BOX/STRENGTH</b> 8.45am (45mins) <b>Deb</b>		<b>HIIT</b> 9:00am (30mins) <b>Lucy</b>
<b>MOVE 2 IMPROVE</b> 10:00am (60mins) <b>Lucy</b>		<b>MOVE 2 IMPROVE</b> 10:00am (60mins) <b>Lucy</b>		<b>MOVE 2 IMPROVE</b> 10:00am (60mins) <b>Lucy</b>	
<b>SPIN</b> 5:30pm (45mins) <b>Jess</b>	<b>BOOTCAMP</b> 5:30pm (45mins) <b>Jess</b>	<b>STRENGTH</b> 5:30pm (45mins) <b>Lucy</b>	<b>BOOTCAMP</b> 5:30pm (45mins) <b>Sherry</b>	<b>STRENGTH</b> 5:30pm (30mins) <b>Jess</b>	
<b>BOX/STRENGTH</b> 6:30pm (45mins) <b>Jess</b>	<b>SPIN</b> 6:30pm (45mins) <b>Jess</b>	<b>HIIT &amp; CORE</b> 6:30pm (45mins) <b>Drew</b>	<b>SPIN</b> 6:30pm (45mins) <b>Jess</b>		

Updated: June 2019

# Class Descriptions

## BOOTCAMP

Cardio focused high intensity interval training, aimed at maintaining your lean muscle and improving cardiovascular endurance. Finish the class with a hit of abs in a 15min series of core and abdominal exercises.

## BOX/STRENGTH

This class has a mixture just for fun. A whole-body resistance inspired class, targeting all your major muscle groups to build muscle and improve strength. Plus, a little hit with the gloves and pads if you choose boxing combinations and drills. No partner needed just come and meet the gang.

*Note: Friday 5pm is purely a 30min Strength Class held downstairs.*

## HIIT & CORE

Cardio focused high intensity interval training, aimed at maintaining your lean muscle and improving Cardiovascular 8 endurance. Finish the class with a hit of abs in a 15min series of core and abdominal exercises.

*Note: Sat is a 30min HIIT Class*

## MOVE TO IMPROVE

A balance, coordination, dance and strength-based group workout class for the over 50+ (this class is held in the STUDIO, Lower Ground Floor, 521 Toorak Rd, Toorak).

## SPIN

Jump on your racing bike, for a low impact session that improves cardiovascular endurance and stamina.

## Bookings

Visit [www.thetoorakclub.com.au](http://www.thetoorakclub.com.au) | see staff for more details