

STUDIO/1 (ARENA FITNESS GX STUDIO)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ARENA FIT 30 5.45am - 6.15am	CYCLE 100 – CORE 5.45am - 6.30am	PILATES 5.45am - 6.30am	JUNGLE FIT 5.45am - 6.30am		
VITALIZE 9.30am - 10.15am	PILATES 9.30am - 10.15am	VITALIZE 9.30am - 10.15am	YOGA 9.30am - 10.15am	VITALIZE 9.30am - 10.15am	YOGA 9am - 9.45am
			FUNCTIONAL BALANCE 12.00pm - 12.45pm		PILATES 10am - 10.45am
ARENA FIT 30 5.30pm - 6.00pm	STEP IT UP 5.00pm - 5.45pm	ARENA FIT 30 5.30pm - 6pm		KETTLEBELL 5.30pm - 6.15pm	
		CYCLE 100 – CORE 6.15pm - 7pm	YOGA 6.30pm - 7.15pm	CYCLE 100 – CORE 6.30pm - 7.15pm	
PILATES 7pm - 7.45pm	YOGA 7pm - 7.45pm		PILATES 7.30pm - 8.15pm		

CLASSES / [CLASSES ARE 45 MINUTES EXCEPT ARENA FIT 30]

CYCLE 100 – CORE /

Hop on the bike and work through different terrains, different riding positions and resistance and speed levels. This class is low impact and great for developing extreme leg strength, make your core muscles stronger as well as building excellent cardiovascular fitness. All this while training at your own level, with music that makes you want to GO!

VITALIZE /

A successful group fitness training class for our senior members looking to have fun, get moving and gaining strength. We focus on functional, easy to follow exercises that will help you to keep up an active and independent lifestyle.

STEP IT UP /

This endurance step based workout is designed to reduce body fat and increase your cardio fitness. The class is a fun, upbeat full body workout.

ARENA FIT 30 /

Our 30-minute, high-intensity interval training (HIIT) total body workout class that combines resistance and bodyweight exercises to burn calories & fat in a shorter period of time. Build strength, boost your metabolism, and get fitter faster!

FUNCTIONAL BALANCE /

This class is catered for individuals who would like to improve their balance and mobility. Designed to challenge your balance and stability to improve neuromuscular responses to everyday activities.

JUNGLE FIT /

Our high volume high intensity 45 min total body workout class! This fun filled and self-challenging class has a variety of functional movements and body weight exercises to get you fit fast! Some weight training exercises can be integrated for that extra challenge.

YOGA /

Yoga is an ancient system of breathing practices, physical exercise, posture and meditation intended to integrate your body, mind and spirit. This class will seriously help you get a better mobility, balance and flexibility and will help you improve your toned physique.

PILATES /

A challenging workout for your abs, arms and legs, while promoting flexibility, strength and stability of the spine. You will perform Pilates mat based exercises, taught with modifications to simplify or intensify the workout to suit ALL levels.

KETTLEBELL /

High intensity class that uses kettlebells and functional exercises to take your body and mind to the next level. This is a class that will also teach you correct and effective kettlebell techniques.

STUDIO/2 (ARENA FITNESS GX STUDIO)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COMBAT FIT 6am - 6.45am		COMBAT FIT 6am - 6.45am		COMBAT FIT 6am - 6.45am	
					COMBAT TECH & FIT 8am - 8.45am
COMBAT FIT 9.00am - 9.45am	COMBAT VITA 9.30am - 10.15am	FUNCTIONAL STRENGTH 9am - 9.45am		COMBAT KICK 9am - 9.45am	JUNGLE FIT 9am - 9.45am
				COMBAT VITA 9.45am - 10.30am	
	COMBAT YOUTH 4pm - 4.45pm		COMBAT YOUTH 4pm - 4.45pm		
COMBAT STRENGTH 5pm - 5.45pm	COMBAT FIT 5pm - 5.45pm	COMBAT TECH 5pm - 5.45pm	COMBAT FIT 5pm - 5.45pm		
COMBAT TECH 6pm - 6.45pm		COMBAT KICK 6pm - 6.45pm	JUNGLE FIT 6pm - 6.45pm		

CLASSES /

[ALL CLASSES ARE 45 MINUTES, EXCEPT COMBAT 30]

COMBAT TECH / Learn the sweet science of boxing. Build and refine your boxing skills in a supervised environment. The fundamentals of boxing are broken down into easy to learn methods to develop your boxing technique, giving you a strong platform to build on.

COMBAT COMBO / This class has a great combination of combat fit and tech to develop your boxing technique whilst improving cardio fitness, burning calories and working up a sweat.

COMBAT FIT / This is a high intensity workout that will burn calories, enhance cardio fitness and make you sweat. There will be a combination of bag and pad work with functional bodyweight movements.

COMBAT STRENGTH / Designed to build your strength with exercises that will challenge you and take you to the next level. An intense workout to enhance your strength for any level of boxing or training you might choose to do.

COMBAT YOUTH / Participants for Combat Youth are aged from 10 to 17 years old. This class is a boxing fitness based class. Including boxing basics, bag work and pad work. Fun guaranteed while you are getting stronger, healthier and fitter.

COMBAT VITA / Designed for our Senior members to learn the fundamentals of boxing. This class has easy to follow exercises to create boxing skills, improve fitness and keep moving.

FUNCTIONAL STRENGTH / Functional Strength is a full body workout aimed to strengthen and tone using a combination of TRX, kettlebells, core exercises and weights with a strong focus on learning proper technique.

COMBAT KICK / A full body workout that involves contact kicks, punching, focus pads and bags. This kickboxing class has the principles of high intensity training to increase your aerobic conditioning, stamina and coordination.

All boxing participants must have 12,14 or 16oz boxing gloves for boxing fitness classes.

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WWW.ARENAFITNESSANDBOXING.CO.NZ

