

# QUBE: 18 MARCH - 19 APRIL 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
06.45-07.15	FST	06.45-07.15	TRX	06.45-07.15	Barbells & Racks	06.45-07.15	TRX	06.45-07.15	FST
08.45-09.15	TRX	08.45-09.15	Barbells & Racks	08.45-09.15	FST	08.45-09.15	FST	08.45-09.15	TRX
09.30-10.00	Barbells & Racks	09.30-10.00	FST	09.30-10.00	TRX	09.30-10.00	TRX	09.30-10.00	TRX
						10.00-10.55	S&C (with Eileen)		
17.45-18.30	S&C (with Marla)	18.30-19.00	TRX	18.30-19.00	TRX			17.45-18.30	S&C (with Marla)
18.45-19.15	FST	19.30-20.00	Low Impact Circuits	19.30-20.00	FST	18.30-19.00	FST	18.45-19.15	TRX
19.30-20.00	Barbells & Racks					19.30-20.00	Low Impact Circuits	19.30-20.00	TRX
SATURDAY		SUNDAY							
09.15-09.45	FST	09.15-09.45	TRX						
10.15-10.45	TRX	10.15-10.45	FST						



## TRX - Total Resistance eXercise

An effective total body workout using your own body weight as resistance. This class benefits people of all fitness levels and abilities. Simply adjust your body position to add or decrease resistance.

## FST - Functional Strength Training

A combination of intense exercises using TRX, Vipers, core bags and kettlebells for a whole-body workout. This class will help to improve strength, toning and conditioning.

## Barbells & Racks

This full body workout uses a combination of barbell and racks focusing on exercise technique and maximal muscle activation to strengthen and tone your body. If you have never used a barbell or rack this is an opportunity to participate in a class under Instructor supervision.

## Low Impact Circuits

A class designed for those getting back to fitness after a long time off or recovering from an injury. This class is suitable for low to moderate fitness levels.