

# WESTIN<sup>®</sup> WORKOUT January Scheduled Classes

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
09:00AM	KICKBOXING HIIT (MIX) ANDREW	KICKBOXING HIIT (MIX) ANDREW	KICKBOXING HIIT (MIX) ANDREW	KICKBOXING HIIT (MIX) ANDREW		
10:00AM					FLOAT FIT (MIX) KAREEM & BAWANTHA	
11:00AM				CIRCUIT TRAINING (MIX) ZANDRE		HIIT (MIX) ZANDRE
12:00PM						FLOAT FIT (MIX) KAREEM & BAWANTHA
05:00PM	CIRCUIT TRAINING (MIX) ZANDRE	CIRCUIT TRAINING (MIX) ZANDRE			HIIT (MIX) ZANDRE	

FLOAT FIT - Float fit description: group class exercise on water, testing balance and coordination. Immense core workout.

HIGH INTENSITY INTERVAL TRAINING - What better way to start or end the day than with a HIIT class; also known as High Intensity Interval Training. This charged workout session implements short bursts of high intensity body exercises followed by low intensity relief exercises.

KICKBOXING HIIT - A combination of challenging exercises and adrenaline pump kickboxing that will improve your stamina, strength and whole-body coordination.

CIRCUIT TRAINING - Put your body to the test with this high intensity endurance training. Using multiple stages this class will test your physical body condition giving you a fanstastic resistance workout leaving you feeling great.

**QR 60 PER SESSION / QR 500 FOR 10 SESSIONS**

For bookings 4492 1682