

Fitness Menu

Strength

The class is catered to all levels of fitness. You can expect to go through a range of functional movements with resistance training.

TFH (Total Fitness HIIT)

3 elements, Strength, HIIT, Movement. This 30 minutes session will ensure that you push your fitness capacity and maximise the calories burned in the shortest time!

Core

In Core, your strength will be build from within. A mixture of loaded, stability and functional movement will be used to improve your core strength

Suspension

Hang Tight is a suspension training program that uses TRX, ropes and webbing to work the core, strength and flexibility of the body. It involves a variety of multiplanar bodyweight exercises.
