

**THE CAMPUS**

# FEEL GOOD

• FITNESS WEEK •

**24<sup>TH</sup> JANUARY**

**08:30 • RHYTHM CYCLE**

*Musical theme - songs from famous musicals*

**09:30 • 'SIMPLY RED' CORE CONDITIONING AND STRENGTH**

*Wear something Red as we power it out to a Simply Red playlist*

**10:30 • TABATA**

*Tabata with a twist*

**10:30 • PILATES**

*Flow & mobility*

**11:30 • JUMP**

*An 80's throw back. Come and join us for this jump masterclass with the two lead jump class instructors Dinah and Telma. Dress it up and bounce*

**18:00 • BALLET FIT**

*Swan Lake inspired. Option to come dressed up as your favourite ballerina*

**25<sup>TH</sup> JANUARY**

**08:45 • RHYTHM CYCLE**

*80's throw back*

**09:00 • HR HIIT**

*Come with a HR monitor and work at 80% of your HR for 50% of the class*

**10:00 • BARRE FITNESS**

*Swan Lake inspired. Option to come dressed up as your favourite ballerina*

**11:00 • YOGALATES**

*Sail away with this invigorating Pilates and yoga workout to an Enya playlist*

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**26<sup>TH</sup> JANUARY**

**10:30 • PILATES**

*Flow & mobility*

**11:30 • JUMP**

*Disco inspired*

**11:30 • YOGA AND MEDITATION**

*Wring it out with our yoga Twist and cleanse. Detox, release and let go*

**11:30 • PUMP CONDITIONING**

*Jane Fonda themed*

**17:00 • RHYTHM CYCLE**

*80's throw back*

**27<sup>TH</sup> JANUARY**

**08:30 • RHYTHM CYCLE**

*80's throw back*

**10:00 • LEGS, BUMS AND TUMS**

*Fame inspired - come dressed Fame inspired and workout to the playlist: do not forget your leggings, legwarmers and headbands*

**11:00 • YOGALATES**

*Energising healthy spine session*

**11:30 • JUMP**

*Disco inspired*

**18:00 • EXPRESS BOXFIT**

*Rocky inspired - option to come dressed as your favourite boxer or boxer style*

**18:00 • CARDIO COMBAT**

*Mariachi inspired*

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**28<sup>TH</sup> JANUARY**

**10:30 • PILATES**

*Flow & mobility*

**10:30 • TABATA**

*Tabata with a twist*

**11:30 • YOGA AND MEDITATION**

*Wring it out with our yoga Twist and cleanse. Detox, release and let go*

**29<sup>TH</sup> JANUARY**

**10:00 • THE CAMPUS TO PORTO CHALLENGE**

*Be part of an epic team cycling indoor challenge where we will venture north from The Campus and cycle to the historic city of Porto. In a team of 10, with a target average speed of 36 kph, our riders will collectively travel 542 km.*