

Aspyre Fitness Group Fitness Timetable



Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6am	Body Step	Body Pump	Body Attack	Body Pump		8:30am >	Body Pump	
9:30am	Body Pump		Body Pump			9:30am >	Body Combat	Body Balance
12:10pm (45min)	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance			
5:30pm	Body Pump	H.I.I.T.	Body Pump	H.I.I.T.	Zumba			
6:30pm	Body Balance	Kickboxing*	Capoeira*	Kickboxing*				

RPM Studio

Time	Tuesday	Thursday
1pm	RPM	RPM



ASPYRE FITNESS

EXCELLENCE IN EXERCISE

Visit us at www.Aspyre.co.nz

Phone us at 06 876 0539

No booking. No surcharges all group fitness classes included in your membership with Aspyre Fitness.*

Body Pump: The original and still the best. The world's most popular class and the fastest way to get in shape. Using a barbell and your own selection of weights we scientifically target every muscle group in the body to create a body that is sculpted, lean and strong.

RPM: Ride the calorie killer. The worlds best group cycling class

Body Combat: A martial arts based class taking influence from various disciplines. Non Contact (No black eyes). Set to music and allowing different levels of difficulty, anyone can workout their stress and kick calories around.

BODY ATTACK: is a high-intensity cardio workout designed to build strength and stamina. This high-energy class combines sports-inspired athletic aerobic movements with strength and stabilisation exercises.

BODY STEP: The step class still rocks. You + aerobic step and pumping tunes. Blast your cardio and tone your booty.

Body Balance: A fusion of Yoga, Thai Chi and Pilates to lengthen and restore your body.

H.I.I.T.: High Intensity Interval Training. An exercise strategy alternating short periods of intense anaerobic exercise with less-intense recovery periods. Only 30 minutes long a short sharp fix.

Zumba: A latin dance infusion inspired cardio class.

**Note: Kickboxing sessions are provided by Ronin Martial Arts School. Capoeira is provided by Hawkes Bay Capoeira. These classes are not included in your membership, however Aspyre Fitness members do get 2 Free sessions.*