



ADELAIDE JUNE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8am						MOVE	
9am	MOVE				MOVE	BLAST	
5pm	MOVE	MOVE	CORE	BLAST			
6pm	MOVE	CORE	MOVE	MOVE			
7pm	MOVE	MOVE	BLAST	MOVE			

3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:

FIT MOVE

A jumping based class combining cardio and core fitness for a whole body workout!

FIT BLAST

Combines cardio and strength blasts into a high intensity interval training workout

FIT CORE

Develop core strength and balance through a series of low-impact, challenging exercises that focus on strength over aerobic activity