



ESSENDON JUNE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am	BLAST	BLAST	BLAST	BLAST	BLAST	BLAST	
10am	MOVE	MOVE	CORE	MOVE	MOVE		
6pm	BLAST	MOVE	BLAST	MOVE			
7pm	BLAST	CORE	MOVE	CORE			

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