



SKY ZONE ALEXANDRIA

	monday	tuesday	wednesday	thursday	friday	saturday	sunday				
am	6:15	heart starter 45 mins		sky circuit 45 mins		hifiit 45 mins					
	8:00					combo 45 mins					
	8:45					climb 45 mins					
pm	6:00	basic how to 30 mins	heart starter 30 mins	aerial abs 30 mins							
	6:15				no ifs, just butts 30 mins	aerial abs 30 mins	jump start 30 mins				
	6:30	sky circuit 30 mins	no ifs, just butts 30 mins	jump start 30 mins	climb 45 mins	sky circuit 45 mins	find your balance 45 mins	no ifs, just butts 30 mins	hifiit 30 mins		
	6:45										
	7:00	aerial abs 30 mins	hifiit 45 mins	sky circuit 45 mins	no ifs, just butts 45 mins	skills* 30 mins	find your balance 30 mins	skills* 30 mins			
	7:15										
	7:30						climb 45 mins				
	7:45										
	8:00										
		aerial abs	heart starter	sky circuit	hifiit	combo	climb	no ifs, just butts	basic how to	skills* members exclusive only	jump start



SKYFIT CLASSES

Jump Start

Haven't stepped foot on a trampoline since you were a little tyke? This is the class for you. Jump Start is a cardio-based program for anyone who's getting back into the game after a bit of time off. Learn basic jumps, burn some calories and get your body moving!

Aerial Abs

A strong core makes life easier. This half hour core control session will improve your posture, balance and overall wellbeing, not to mention a flat stomach and sexy abs.

HiFIIT (High Flyers Intensity Interval Training)

HiFIIT is a high intense exercise involving interval bursts that'll get you fit and strip fat fast. What more could a fitness addict ask for? This is the class where you can learn advanced movements and up your anti-gravity game.

Heart Starter

Our intermediate class. For those who want to have fun, get their heart rate up and master the basics, before going on to finessing those flips, tricks and somersaults.

Sky circuit (buddy up)

Circuit style class which is aimed at strengthening through equipment based movements. BYO workout buddy or pair up with another solo flyer and push each other to work hard. Running through 9 different stations, you'll get a great mix of strength, stability and a general full body workout.

COMBO

Would love to know what else Skyfit has to offer, but can only make it on the weekend? Have a go at this taster class - 5-10 minutes of each class to get an absolute full body workout in 45 minutes. Cardio, strength, circuit and HIIT all in one!

Find Your Balance

Need a way to unwind at the end of a day? We're using the unstable trampoline surface to our advantage and showing you how to use slow, controlled movements to increase that core strength, mobility and flexibility.

No ifs, Just Butts

Want to step up that booty game? Work hard, get toned, get stronger. Our 30-min lower body intensive workout that will leave you literally aching for more!