



Plus Fitness Menai Class Timetable

X-CELL
CLASSES

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am						
8:30am	X-CELL MOVE		X-CELL H.I.I.T		X-CELL L.A.B	X-CELL FLOW
9:00am						
12:00pm						
5:00pm						
6:00pm						
6:30pm	X-CELL H.I.I.T	X-CELL SHRED		X-CELL H.I.I.T		

**Please
Remember:**



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X-CELL H.I.I.T - H.I.I.T classes are based on High Intensity Interval Training principles and are suitable for multiple fitness levels. Each class will put you through a series of whole-body exercises implemented in an interval style format so that you can give maximum effort while learning how to best use your body to its full potential.

X-CELL BOX - these classes incorporate high-energy intervals using gloves and pads while also putting you through a series of circuits designed to help you get comfortably stronger with your own bodyweight. Likewise, these classes are designed to help reduce stress while also significantly improving your fitness, stamina and fat burning abilities all under the supervision of a qualified instructor. Your own boxing gloves are preferred, but glove inserts are a minimal requirement to participate.

X-CELL L.A.B - a 30 minute class dedicated to your Legs, Abs and Bum. This class will help you gain a foundational understanding of how to train your lower body effectively and will help to tone, build strength and develop every aspect of your legs and abs while pushing you in a powerful way to get results. Suitable for all fitness levels with plenty of exercise progressions and variations for those who may have injuries.

X-CELL STRONG - as the name suggests, this class aims to help make you stronger from the ground up. Incorporating multiple training components from strength and stability, to mobility and endurance, this class aims to help you get the most out of your workout while adding fresh ideas and principles to your regular routine. Suitable for all fitness levels.

X-CELL SHRED - these classes combine cardio and conditioning together to give you a well-rounded and functional workout. Using TRX systems, Kettlebells, Battle Ropes and Plyometric bodyweight exercises, you will walk away after 30 minutes feeling energised and ready to take on your next challenge. These classes are designed to be different and are perfect for those looking to mix up their training regularly. Suitable for all fitness levels.

X-CELL CORE - a class dedicated to bringing out the best in your six pack. Each 30 minute session will target your core in a variety of ways and teach you that crunches aren't the only way to achieving six pack greatness. This 30 minute session will leave your midsection cooking! Suitable for all fitness levels.

X-CELL MOVE - these classes are a great way to maintain your healthy lifestyle without burning out or feeling like you've bitten off more than you can chew. Perfect for beginners or those that want to keep active in their prime, each class will provide you with a fun workout that will leave you feeling energised and ready

Bring a towel, a water bottle a big smile and have fun.

**Some Classes may change without notice*

**Please
Remember?**