

BAREFOOT FITNESS



Stronger from the ground up

TIME	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
07:00 AM	HIIT BOX		STRENGTH	
08:00 AM	STRENGTH	HIIT KICK	HIIT KICK	STRENGTH
09:00 AM	STRENGTH		STRENGTH	HIIT BOX
10:00 AM		STRETCH & RELAX	STRETCH & FLOW	STRETCH & RELAX

PROGRAMS - 45 Minute Classes

HIIT Box - High Intensity Interval Training - Boxing style fitness class. Suitable for all ages and abilities.

HIIT Kick - High Intensity Interval Training - Kick Boxing style fitness class. Suitable for all ages and abilities.

Strength - All Body Strength workout - Suitable for all ages and abilities.

Stretch & Flow - A smooth mobility building movement class with light continuing sequencing.

Stretch & Relax - A slow deep stretch session focusing on long holds

