

BAREFOOT FITNESS



Stronger from the ground up

TIME	MONDAY	WEDNESDAY	FRIDAY
07:00 AM	HIIT BOX	STRENGTH	
08:00 AM	STRENGTH	HIIT KICK	HIIT BOX
09:00 AM	STRENGTH	STRENGTH	STRENGTH
10:00 AM		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

