

X-TREME FITNESS

"X-TREME FITNESS partners with its members to enable them to achieve their physical fitness and overall well-being goals within their hectic and stressful modern lifestyles. We achieve this through unique and diverse training methods that can't be found in an ordinary gym environment"

- CARDIO KICKBOXING - FUNCTIONAL FITNESS - KICKBOXING - BOOT CAMPS - SELF DEFENCE -
- PERSONAL TRAINING - ADVANCED FITNESS - BOXING - COMBAT FITNESS - PILATES



CARDIO KICKBOXING - is a fusion of boxing, martial arts and aerobics usually done rhythmically to music. Offering an intense cross-training and total-body workout where about you burn between 600 to 1000 calories. **FUNCTIONAL FITNESS** - involves mainly weight bearing activities targeted at core muscles of the abdomen and lower back. **KICKBOXING** - Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai, Khmer Boxing, and Western boxing. **BOOT CAMPS** - Group physical training that are designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time. **SELF DEFENCE** - are classes that teach the act of defending one's person when physically attacked, as by countering blows or overcoming an assailant. **PERSONAL TRAINING** - involves one on one classes where the trainer pays close attention to their client's exercise form, workout routine, and nutrition plan to increase their work out and fitness regime beyond that of group classes. **YOGA** - Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. You will not only get stronger, more sculpted muscles and flexibility but you will also improve posture and a better sense of well-being.

Studio A							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 6am		Functional Fitness		Functional Fitness			Closed
7am - 8am						Functional Fitness	
8am - 9am						*Please note Free Boot camp to be Held in Kirkness Park every last Saturday of the Month. No other classes that weekend.	
9am - 10am							
10am - 11am							
3pm-4pm							
5pm - 6pm			Running Buddy				
5pm - 6pm	Functional Fitness	Kiddies Kickboxing	Functional Fitness	Kiddies Kickboxing			
6pm -7pm	Golden Oldies Kickboxing		Golden Oldies Kickboxing				

Studio B							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am - 6am	Cardio Kickboxing		Cardio Kickboxing				Closed
7am - 8am						Sparring	
8am - 9am						Advanced Fitness	
10am - 11am							
4pm - 5pm							
5pm - 6pm	Yoga	Cardio Kickboxing	Yoga	Cardio Kickboxing	BJJ		
6pm - 7pm	Cardio Kickboxing	Beginner + Advanced Kickboxing 18:00 - 19:30	Cardio Kickboxing	Beginner + Advanced Kickboxing 18:00 - 19:30			
7pm - 8pm	Boxing		Boxing				

*NB: - Always check the updated roster either in the gym or on the gyms website.

- Class times are subject to change from time to time as we add new and exciting group classes for your health and fitness benefit.
- If a class has less then 3 members attending. These members will be moved into another class unless there is no other class happening at the same time as said cancelled class.
- Morning and Mid-day classes need to be booked for with the trainer or via the gym cell number 074-889-3743.

Membership fee options		Bank Details	
Month to month debit order	R 850	Bank: FNB Account Name: Xtreme Fitpit Account Number: 62632973469 Branch Code: 250655	
12 months debit order	R 750		
24 months debit order	R 600		
Once off group class	R200		
X-treme Yoga	R 300		
Golden Oldies	R 300		
Kiddies Kickboxing	R450		
Once off joining fee for all members	R 400		

TRY OUT A FREE WEEK OF CLASSES BEFORE YOU DECIDE!!!