


Aqua Max HIIT Squad 6 week Fitness Programme: 26 Oct — 4 Dec 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT Session 6:15am—7:00am		HIIT Session 6:15am—7:00am		HIIT Session 6:15am—7:00am	
					HIIT Session 8:15am—9:00am
	HIIT Express 12:15pm—12:45pm		HIIT Express 12:15pm—12:45pm		
		Open Gym 4:15pm—5:45pm		Open Gym 4:15pm—5:45pm	
HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm	HIIT Session 5:45pm—6:30pm		
			Swim Fit 6:45pm—7:15pm		

Session descriptions:

HIIT Sessions — The session will have a mix of High Intensity Interval Training based around short duration circuits and cardio inspired workouts. High Intensity does mean there will be dynamic movements which will be fast and precise and is about moving the body well. The trainers will give options for scaled movements if you require that. You must speak with the trainers prior to the session starting. During Level 2 restrictions—appropriate programming will be used to stay within the guidelines.

Swim Fit— This will replace our Aqua HIIT for a couple of months. We will focus on some lap swimming, drills and skills that will improve your overall aerobic fitness in the water. We will be booking more lanes if we require more due to numbers.

Open Gym— session timeslots are available to work on extras like cardio, mobilizing or following the pre programmed workout written on the board . You must book at least 2 hours before so the trainer can make arrangements to be there. If no one is booked in with 2 hours remaining on the clock, then the trainer will cancel the session.

Maintaining distance— As there are other groups in the gym , there is going to be times of crossing over when sessions start and finish. Please make an effort to keep the **1m distance from each other**. The carpet area will be reserved for you to stretch in and can be used to wait while groups are walking in for their classes so that you can wipe down the pathway at your convenience. Be courteous and patient when navigating your way around the gym.