

Class Schedule.



Be health happy™

Mobile Fitness Coaching & Nutrition Planning

Mon

Tue

Wed

Thu

Fri

Sat

Drive

6 - 6:45am

Elevate

6 - 6:45am

Empower

6 - 6:45am

Empower

8 - 8:45am

Drive

6:30 - 7:15pm

Elevate

6:30 - 7:15pm

Empower

6:30 - 7:15pm

A class for every body.

Be health happy™



Drive

Strength

Feel unstoppable after this full-body workout. Kettlebell and dumbbell exercises help tone while floorwork stabilises your all-important core. Build strength and power so you can bring that energy into your everyday life. Live a life with drive.

Elevate

Cardio

There's so much variety in this interval training class that it's actually fun to push yourself to the edge. We use various positions, equipment and interval lengths to keep it interesting and challenge your endurance. This cardio and lung expanding workout will have your heart pumping along with 90's dance party beats. It's basically a party for your cardi.

Empower

Conditioning

A resistance and cardio class for warrior hearts. Be a force as you work your way through a circuit strength-building repetition. Surprise yourself with growing stamina and allow yourself to feel pride in pushing your limits. If your energy falters, let the electronic dance music lift it up. Completion