

REYNOLDS REMOTE CLASS TIMETABLE

Monday

06:30 - 7:15
REMiiT VARIANCE

09:15 - 10:00
REMiiT KETTLEBELLZ

10:15 - 11:00
DANCE AEROBICS

11:15 - 12:00
LEGS, BUMS & TUMS

18:30 - 19:15
REMiiT REMOTE LIVE

19:30 - 20:15
YOGA

Tuesday

09:15 - 10:00
REMiiT VARIANCE

10:15 - 11:00
REMiiT DUMBBELLZ

11:15 - 11:45
REMiiT CORE

12:15 - 13:00
PILATES

17:45 - 18:15
REMiiT BLAST

18:30 - 19:15
REMiiT BOX

19:30 - 20:15
YOGA

Wednesday

06:30 - 7:15
REMiiT EMOM

10:15 - 10:45
HiIT BLAST

18:30 - 19:15
REMiiT DUMBBELLZ

19:30 - 20:00
AB ATTACK

Thursday

09:15 - 10:00
REMiiT EMOM

10:15 - 11:00
DANCE AEROBICS

11:15 - 12:00
LEGS, BUMS & TUMS

12:15 - 13:00
PILATES

17:45 - 18:15
REMiiT BLAST

18:30 - 19:15
REMiiT BOX

19:30 - 20:15
YOGA

Friday

06:30 - 7:15
REMiiT VARIANCE

09:00 - 09:45
YOGA

10:15 - 11:00
LEGS, BUMS & TUMS

17:30 - 18:00
REMiiT BLAST

18:15 - 19:00
REMiiT DUMBBELLZ

19:15 - 20:00
PILATES

Saturday

09:30 - 10:15
REMiiT VARIANCE

10:30 - 11:00
HiIT BLAST

11:30 - 12:15
YOGA

Sunday

09:30 - 10:15
REMiiT KETTLEBELLZ

10:30 - 11:00
REMiiT BLAST

11:30 - 12:15
YOGA

REYNOLDS REMOTE

CLASS DESCRIPTIONS

REMiiT BLAST

Blast is a 30 minute, full body effort monitored workout. The class utilises REMiiT training methods including AMRAP and MIT, to ensure a high tempo based workout to get the heart rate up and get a sweat on! All the same fun and hard work in a shorter time frame.

REMiiT BOX

Box is a fun and empowering cardio workout where you will undergo an intense training session whilst relieving stress and raising your heart rate. This energetic class is a combination of shadow boxing and some of REMiiT's finest bodyweight workouts.

REMiiT EMOM

"Every Minute On the Minute". This type of exercise is great for shredding body fat and increasing lean muscle. Everyone completes a certain number of reps at a different speed. The harder you work, the more rest you get. Complete the exercises in the minute and rest for the rest of it.

REMiiT DUMBBELLZ

Maximise your functional strength with our Dumbbellz classes! In these sessions we will use powerful and explosive movements, which will help with increasing functional strength and power. This class is great for getting your heart rate up and burning calories but also aids in building muscle.

REMiiT KETTLEBELLZ

Kettlebellz uses light weights and will work every single muscle in your body to ensure you melt away fat, tone up, improve core stability and dramatically improve endurance. Please speak to your Instructor to see if this class is suitable for you.

REMiiT VARIANCE

Our variance classes are great for incorporating a bit of everything into your workout. These sessions use the different HIIT methods; body weight, strength equipment, cardio etc. to get your heart rate up!

AB ATTACK

This is a high energy, fast paced core class designed to focus on the abdominals!

DANCE AEROBICS

This class contains fun, energetic routines mixed with body weight exercises to get you up on your feet and moving to the beat!

HiiT BLAST

This is a high energy interval training class, designed to get the heart rate up and getting you in the yellow and red zones!

LEGS, BUMS AND TUMS

This class is designed specifically for the lower body, focusing on your quads, glutes and abdominals - you will definitely feel the burn after this class!

PILATES

This is an exercise system that focuses on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

YOGA

Yoga combines physical and spiritual discipline which aims to bring the mind and body into balance. Yoga uses breathing techniques, exercise and meditation for health and relaxation.