

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
Morning classes											
5.30 – 6.15	Explosive Strength		Boxing		Strength				HIT		
6.30 – 7.15	Strength				HIIT		Endurance		Strength		
7.00 – 7.45											Endurance
8.00 – 8.45											HIIT
9.00 – 9.45	Boxing	Movement for life	Konga	Weights circuit	HIIT		Weights circuit	Yoga	HIIT	Movement for Life	
10-11			Strength for Life				Strength for Life		Strength for Life		
Evening classes											
17.00-18.00							Konga				
17.30-18.15	Strength				HIIT						
18.00–18.45			Endurance				Endurance				
18.30–19.15	HIIT		Yoga (7pm start)		Strength						

Peak performance class

Summit class

### CLASS DESCRIPTIONS

Summit Classes	
HIIT	HIIT stands for high intensity interval training and that's exactly what you will find in this class! Expect periods of high intensity exercise interspersed with periods of rest. You will utilise a variety of training techniques including bodyweight exercises, resistance exercises and cardio machines to give you a full body workout in a fun and high energy environment
Konga (altitude room)	Konga is a high intensity, low complexity workout fusing dance, boxing, cardio and toning all in one class. It really does have it all! These classes are consistently fresh, challenging and ready to flood your body with feel good endorphins.
Yoga	In this fast paced changing world we need simple techniques that offer fast results. Jac is a teacher who shares ancient traditions from the east with scientifically proven methods of health and wellbeing techniques from the west. Take the stress out of guessing what's best for your health and come and feel it for yourself.
Weights Circuit (non-altitude room)	The Weights Circuit will build strength and endurance in the major muscle groups of your body. Expect circuit style weight training using barbells, dumbbells, kettlebells and bodyweight exercises with periods of work and rest, allowing you to focus on mastering your technique while getting a full body workout
Boxing	Boxing at Alti2ude will have you working in partners, belting out combo's to improve your endurance, coordination and strength. High altitude, high intensity, lots of fun
Strength for Life (non-altitude room)	Formerly known as Living Longer Living Stronger, this is a strength based training program designed to improve the quality of life for people over 50. It has been designed by sports scientists to build muscle, improve balance and reduce the effects of chronic illness. Our tier 1 program is run by our exercise physiologist
Movement for life (non-altitude room)	Designed to stimulate and strengthen all major body systems, Movement for Life will give you a great foundation for improving daily movement and activities. Expect to be taken through a range of strength, mobility and functional exercises in this class
Peak Performance Classes	
Strength (non-altitude room)	Our Peak Strength classes will have you working through a variety of movements that will change in intensity and repetition ranges over set block training periods (8-12 weeks). The sequencing of the classes will ensure continued improvement and maximise gains in strength, all whilst reducing the risk of injury and monotony of training. Expect big lifts and big improvements
Explosive Strength (non-altitude room)	This class is a mix between strength and HIIT but with the focus on explosive power. The focus will be on throws, jumps and slams. This class would be great if you are looking for something different
Endurance	The Peak Endurance classes are designed to improve different elements of your cardiovascular ability. The structure of the classes and training blocks (8-12 weeks) will have you working through differing speeds and intensities on a day to day and week to week basis. Some weeks will be dedicated to improving your aerobic capacity, while others will be working on high end power or sprint-ability. This class requires a strong will but will have big rewards

*The Alti2ude difference will get you there faster!*

All classes must be booked via MindBody. Consecutive late cancellations (<24hrs) and now shows will incur a \$20 penalty fee