



XTREME STUDIOS TIMETABLE DRAFT (01/2021)

| | MON | TUE | WED | THUR | FRI | SAT |
|--------------------------|--|--|--|--|--|-------------|
| 5.45AM | Xtreme Beat Boxing | XHH Beginner | Xtreme Beat Boxing | XHH Beginner | Xtreme Beat Boxing | 7am XHH /BB |
| 7.00 AM | XHH Beginner | Xtreme Beat Boxing | XHH Beginner | Xtreme Beat Boxing | XHH Beginner | 8am KIDS |
| 9.30 AM | Xtreme Beat Boxing | XHH Beginners | Xtreme Beat Boxing | XHH Beginners | Xtreme Beat Boxing | 9am XHH /BB |
| 1030 am - 1300 pm | Bookings Available for PT & 2 on 1 Workshops | Bookings Available for PT & 2 on 1 Workshops | Bookings Available for PT & 2 on 1 Workshops | Bookings Available for PT & 2 on 1 Workshops | Bookings Available for PT & 2 on 1 Workshops | |
| 3.45PM | XHH Kids | XHH Kids | XHH Kids | XHH Kids | XHH Kids | |
| 5.15PM | Xtreme Beat Boxing | XHH Beginners | Xtreme Beat Boxing | XHH Beginners | Xtreme Beat Boxing | |
| 6.30PM | XHH Beginners | Xtreme Beat Boxing | XHH Beginners | Xtreme Beat Boxing | XHH Beginners | |

**Timetable is a draft times subject to change to meet member demand. If you have a preferred time for classes we value your feedback. Please get in touch info@xtremestep.com.au*

Xtreme Hip Hop - Direct from the USA Dance meets hip hop meets Step Fitness. A revamp of the traditional step. New Moves, new music, you will never look at step the same again. See our FB and IG for more details and videos. No experience required

Xtreme Kids - Same as above tailored for children's movement and ability with less intensity than adults. The aim of our children's program is to promote movement in a fun way while encouraging and accepting your peers. No experience required

Xtreme Beat Boxing - Boxing fitness choreographed to your favourite RnB and Hip Hop. The class is structured learning the basics to begin while warming up before moving into pad work with a partner. No experience required

www.xtremestep.com.au