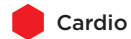


# YOUR NEW WORKOUT SCHEDULE



Cardio



Hybrid - mix of cardio and strength



Recovery and stretching



Strength



Lifting



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Time: 06:30 - 07:30 <b>7 KARI</b> Outdoor HIIT Stadium Cardio	Time: 06:30 - 07:30 <b>AFROBEAT</b> Outdoor HIIT Stadium Hybrid	Time: 06:00 - 07:00 <b>POWER YOGA</b> Studio Recovery & stretching	Time: 06:30 - 07:30 <b>SIDEKICK</b> Outdoor HIIT Stadium Strength	Time: 06:30 - 07:30 <b>PHOENIX</b> Outdoor HIIT Stadium Hybrid	Time: 08:30 - 09:30 <b>VINYASA YOGA</b> Studio Recovery & stretching
Time: 10:30 - 11:30 <b>PENA LAZ</b> Outdoor HIIT Stadium Strength	Time: 18:00 - 19:00 <b>BOXFIT*</b> National Combat Centre Hybrid	Time: 07:00 - 08:00 <b>SPINNING MARVEL</b> Studio Cardio	Time: 18:00 - 19:00 <b>SPINNING MARVEL</b> Studio Cardio	Time: 11:00 - 12:15 <b>DETERMINATION</b> Outdoor HIIT Stadium Hybrid	Time: 08:00 - 09:00 <b>BOXFIT KIDS*</b> National Combat Centre Hybrid
Time: 18:15 - 19:15 <b>SPINNING BURN &amp; MELT</b> Spinning room Cardio	Time: 18:00 - 19:00 <b>SILVERBACK</b> Outdoor HIIT Stadium Strength	Time: 08:30 - 09:30 <b>SPECIAL TAMARIN</b> Outdoor HIIT Stadium Hybrid	Time: 18:00 - 19:00 <b>BOXFIT*</b> National Combat Centre Hybrid		Time: 08:00 - 09:00 <b>WHITE WOLF</b> Outdoor HIIT Stadium Cardio
Time: 17:00 - 18:00 <b>AFROBEAT</b> Outdoor HIIT Stadium Hybrid	Time: 19:00 - 20:00 <b>SILVERBACK</b> Outdoor HIIT Stadium Strength	Time: 10:30 - 11:30 <b>PENA LAZ</b> Outdoor HIIT Stadium Strength	Time: 18:30 - 20:00 <b>UPLIFT</b> Outdoor HIIT Stadium Lifting		Time: 09:00 - 10:00 <b>BOXFIT*</b> National Combat Centre Hybrid
Time: 18:00 - 19:00 <b>AFROBEAT</b> Outdoor HIIT Stadium Hybrid		Time: 16:00 - 17:00 <b>RAISE THEM READY*</b> Outdoor HIIT Stadium Hybrid	Time: 19:00 - 20:00 <b>BOXFIT*</b> National Combat Centre Hybrid		Time: 10:00 - 11:00 <b>UPLIFT</b> Outdoor HIIT Stadium Lifting
Time: 19:00 - 20:00 <b>AFROBEAT</b> Outdoor HIIT Stadium Hybrid		Time: 17:00 - 18:00 <b>PHOENIX</b> Outdoor HIIT Stadium Hybrid	Time: 19:00 - 20:00 <b>SPINNING MARVEL</b> Studio Cardio		Time: 09:30 - 10:30 <b>RAISE THEM READY*</b> Outdoor HIIT Stadium Hybrid
		Time: 18:00 - 19:00 <b>PHOENIX</b> Outdoor HIIT Stadium Hybrid			Time: 10:30 - 11:30 <b>SPINNING CARDIO CONDITIONING</b> Spinning room Cardio
		Time: 19:00 - 20:00 <b>PHOENIX</b> Outdoor HIIT Stadium Hybrid			

\*Fee applies per person



## THE HPC GYM

The state-of-the-art HPC gym of Cote d'Or offers the best value for money sports membership on the island. Boasting the latest TechnoGym equipment, a sophisticated workout space and dynamic high intensity interval training classes, HPC Mauritius is the best training partner you could have. All elements of sport, health and wellness are catered for while creating a truly personalized fitness experience. From beginner to sport enthusiast, we are here to assist you to reach your full potential.

### Benefits of HIIT

#### (High Intensity Interval Training)

- Maximize fitness outcomes in limited time
- Internationally regarded as a great training method
- Burn more calories in less time
- Increased metabolic rate for several hours post-exercise
- Assists in weight-loss, muscle toning, strength and endurance development
- Develops cardiac and respiratory resilience
- Can assist in combatting and reducing risk of heart disease, diabetes and obesity

## HPC TEAM MAURITIUS

The High Performance Centre Mauritius is primed to develop elite athletes and high performance sport. Harnessing the latest in research and innovation, HPC Mauritius is committed to enhancing all areas of sport science, sport medicine, rehabilitation and elite level coaching. HPC Mauritius gives sport federations, coaches and athletes the competitive edge through scientific assessment, training, rehabilitation and monitoring.



## PHOENIX

And just as the PHOENIX rose from the ashes, you too will rise. A challenging and creative combination of crossfit style exercises that will enable you to surpass your limits and be reborn. Maximum efforts for maximum gains, feel the dopamine release.



## IBIZA

Want to be beach-body ready? IBIZA is what you need. Get on the floor for a high intensity interval training mixing up a variety of exercises for maximum gains. Feel the burn to a soundtrack of the latest nightclub hits.

A pumping electric atmosphere, 45 focused minutes of the best of strength, cardio, agility, speed and power exercises. Let the bass drop!!!



## AFROBEAT

The climax of the week... AFROBEAT will combine functional movements, cardio and bodyweight exercises to produce innovative, fun and groovy workouts. This test will give you the best of interval training on some of the best afro playlists ever designed by our specialists. Hearts will be racing, veins will be pumping and you will be amazing.



## WHITE WOLF

WHITE WOLF will allow you to develop your aerobic capacity with our unique cardio machine-based class. Coupled with other stamina building sets, your cardiovascular system is in for a wild ride. Fewer stations and a twist: increasing work time, then decreasing rest time over the workout duration. Don't be fooled by the simplicity of it, the WHITE WOLF stays one of the best cardio focused challenges around.



## UPLIFT

Dive into a transformative strength journey with UPLIFT. Meticulously designed for all levels, this program combines world-class periodised training, expert barbell techniques, and cutting-edge sports science feedback. Commit to four weeks and elevate not just your strength, but your entire fitness game. UPLIFT: Where strength meets mastery.



## PENA LAZ

This strength class is specifically designed for senior individuals who are looking to improve their physical abilities and maintain their independence. The class focuses on building strength, endurance, posture correction and flexibility through a variety of exercises that are safe and effective for older adults. The workouts are low-impact and tailored to accommodate any physical limitations or mobility issues. Participants will use light weights and resistance bands to target specific muscle groups, improve balance and stability, and increase overall functional fitness. With a friendly and supportive atmosphere, this strength class offers seniors the opportunity to stay active, enhance their quality of life, and have fun while doing it.



## SPECIAL TAMARIN

Special Tamarin is our local, special, spicy blend. You never know what taste the sauce will bring, just expect your tongue to take the hit! Various apparatus, various locations (could be outdoor too!), various soundtrack but same amount of sweating. This jump into the unknown will fuel your adrenaline every time. Note: really addictive



## 7 KARI

A delicious curry of boxing combos and athletic drills. 7 KARI will top up your plate with bodyweight movements, plyometrics and boxing exercises. The good vibe of our music and leadership of our coaches will spice up your experience. Maximum workout phases and minimal rests periods will fuel your way to fitness.



## SILVERBACK

Embrace the true meaning of power and strength with SILVER BACK. This resistance-based circuit training will allow you to unleash your inner beast and gain more experience in weight training. Heavy compound lifts and muscular overload is what to expect when entering the studio for SILVER BACK. Brace your core and get ready to be a better you... Light weight baby!!



## SIDEKICK

I am because WE are... SIDEKICK is an innovative, fun and demanding workout based on team workouts in the form of "you go, I go" or "we go together". Always performed in a safe and controlled format, members work at their own maximum capacity and enjoy themselves. A new test for those looking to build quality lean muscle mass and become more athletic.



## SPIN

Here we go!! Spinning activates and recruits all the muscles in your legs and core. This low-impact cardiovascular workout burns calories, improves blood flow, increases stamina, boosts your mood and can help fight chronic disease issues such as high blood pressure, heart disease, stroke, and diabetes. Motivated by our music, it's time to spin spin spin.



## YOGA

**Vinyasa Yoga (Saturday):** A fluid and dynamic practice where the class is sequenced with smooth transitions in between postures. We link the breathing to the movement.  
**Yoga Morning Flow (Tuesday):** Fluid yet gentle yoga sequences that wakes up body and mind, activates the gut and gets you ready for the day.



## DETERMINATION

Everyone deserves the opportunity to workout! Determination is an adaptive physical training class aiming to empower people with special needs to boost their self-confidence, to make them feel integrated into sports, and to improve their mobility. Our workouts are designed to meet the special requirements of the participants and to uncover their full potential while having some serious fun along side their partner during the class.



## BOXFIT

BoxFit is the fusion of fundamental boxing drills and techniques coupled with strength and conditioning exercises. Learn to punch, knock, and jab while practising cross training boxing workouts. This session is a combination of weight and free weight exercises which can easily help you burn a 500k/cal in one hour!



## RAISE THEM READY

Raise Them Ready is an engaging physical literacy class that develops fundamental movement elements such as motion, force, motor control, and energy systems. This class will develop the basic physical skills of your kid to excel in any sport to develop and enhance their agility, balance, coordination, speed, power, strength, and conditioning.