



### **Momfit: (duration 30 minutes)**

The Momfits are pre-recorded Tabata classes that combines aerobics and strength exercises, the class structure is as follows:

1. 3-minute warmup
2. Tabata 1 (8 exercises) – 2 times
3. Tabata 2 (8 exercises) – 2 times
4. 2-3 minutes core
5. 3 minutes cooldown.

Each exercise of the Tabata is 20 seconds, In between each exercise you have 10 sec

break and in between Tabatas you have 1 minute break. Momfits A- H are for **all Fitness levels**, Momfit I-P are for advanced fitness level.

The Momfits are pre- recorded course and the intensity builds up.

### **Strength and stretch: (duration 60 minutes)**

In this class we will focus mainly on resistance training, sculpting and strengthening, in order to build more muscles mass (you will not get bigger, you will have more muscles definition)

For some of the classes you will need the following basic equipment:

1. A pair of 2 or 3kg weights
2. A pair of 5-8 kg weights
3. An elastic band (medium resistance)
4. A chair
5. A mat
7. A stool

We will finish the class with deep stretching and the best Yoga's Asanas

This class is for **intermediate - advanced** fitness level.

### **Strong Nation: (duration 60 minutes)**

Is a revolutionary High Intensity Interval Training (HIIT), led by music to motivate you to crush your ultimate fitness goals — and then making new ones. It's a demanding hour-long session that works your entire body and combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed



to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more- Stop counting the reps. Start training to the beat. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.

This class is for **advanced/intermediate** fitness level.

**Strong 30 class: (duration 30 minutes)**

Is a 30 minutes Strong Nation class.

It is for Intermediate fitness level

**Yogalates: (duration 30 minutes):**

Yogalates concentrates on strength in the middle (abdominal area, buttocks and lower back) and evolves isometric contractions to promote "core stability" which enhances spinal/pelvic awareness, stretching muscles, toning the body and improving body posture. This class is suitable for **all fitness levels**.

\*\*\*\*\*The Momfits are pre-recorded course and the intensity builds up.

The rest of the classes are live classes at 08:30 am and will be recorded and shared as well so you shouldn't be worried about your timezone.

All classes start at 08:30 am (India timezone) except Yogalates that will start on Friday at 09:00 am (India timezone)

Weekly schedule of the live classes according to India time zone (press [here](#) to check your time zone)

Monday, Wednesday 08:30am Strong Nation

Tuesday, Thursday 08:30am Strength

Friday 08:30am Strong 30

Friday 09:00am Yogalates