

CLASS DESCRIPTIONS



FACTORY FIT



Functional total body workouts that incorporate strength & cardio training using both your own body weight and equipment. These circuit style sessions are high intensity and are designed to get you fitter, stronger and leaner than ever before.

FEMME FACTORY FIT



ABS & ARMS

A female-only workout combining a mix of strength and conditioning components to tone up and shape your physique. Using weights & body weight this class targets your arms, shoulders, back and abdominals.

FEMME FACTORY FIT



ABS & LOWER BODY

A female-only workout combining a mix of strength and conditioning components to tone up and shape your physique. Using weights and booty bands, this class targets your abs, legs & booty.

FEMME FACTORY FIT



FULL BODY

A female-only workout combining a mix of strength and conditioning components to tone up and shape your physique. Using a mixture of equipment and weights, this class targets the whole body.

STRENGTH CLASS BOOTY



Develop the Booty that you have always wanted using gym equipment & barbells to progressively strengthen and shape your glutes. Every sessions includes heavy hip thrusts, deadlifts, single leg variations and a variety of accessory movements to maximize the glutes growth.

BOOTY FACTORY



A spicy female-only glute workout designed using dumbbells & booty bands. The workout includes a mix of weighted compound exercises & higher rep booty isolation movements to give you the ultimate booty pump. If you want to specifically build your glutes this class is for you!

CLASS DESCRIPTIONS



BURN FULL BODY



A female-only full body burner! Burn is a circuit style workout with a mix of compound exercises & isolation movements. Designed to get the heart rate up, energy moving & endorphins released. This workout focuses on toning the legs & glutes whilst also sculpting the back, arms and abs.

RUMBLE BOXING - FUNDAMENTALS BEGINNER, LEVEL 0-1



Join our beginner-friendly boxing class, where you'll learn all the essential punches, footwork, and techniques needed to become a skilled boxer. Our in-depth training will cover all the fundamentals, and get you throwing punches the right and proper way.

RUMBLE BOXING - DRILLS EXPERIENCED, LEVEL 2-3



A high intensity class for those who wants to take their boxing skills to the next level. This class covers on the defense, footwork, and technical partner drills to improve your boxing proficiency.

WARRIOR FIT - MUAY THAI



Originating from Thai martial arts, this is an intense total body workout where you'll learn basic Thai boxing techniques, such as blocks, kicks and punches. We'll guide you through the best way to maximise your training to get an intense core workout at the same time. Improve your coordination, agility, cardiovascular endurance, and your ability to focus as well.

PILATES



This class will strengthen your entire body, reduce aches and pains and enhance your overall health and wellbeing. Pilates mat-work uses dynamic and isometric body weight exercises, and small props to challenge your core and gain strength at end ranges. Significantly improve your posture, flexibility, balance, and coordination, all while gaining a new sense of energy and vitality.

BARRE



This unique workout for the whole body uses the ballet barre as a main prop and incorporates elements from pilates, the garuda method, dance and strength training. Dynamic and fun standing flows are incorporated with precise booty burning moves. Discover muscles you never knew you had, improve your posture, and build a strong and graceful dancers body

CLASS DESCRIPTIONS



MOBILITY SPINE



Get relief from back pain and stiffness with our specialized class. Experience full-range spinal movements, improved flexibility, and a 360-degree core challenge for a healthy and resilient spine. Includes movement drills, breath work, isometric exercises, and a strong focus on t-spine rotation and lower back strengthening.

MOBILITY LOWER BODY



This class aims to unlock the full potential of your hips allowing you to move with greater ease and effectiveness in squats and other lower body movements. It uses FRC drills, contract/relax stretches, and dynamic movements to challenge strength and coordination at end range, with a strong focus on hip rotation and correct biomechanics.

FLEXIBILITY UPPER BODY



Designed to increase your flexibility of the shoulders and spine and feel less stiff in your trunk. The class incorporates different types of drills and techniques; active and dynamic stretching, isometric and assisted stretching, mobility, and strength and conditioning to move safely into greater ranges of motion and flexibility of the upper body. All Levels Welcome.

FLEXIBILITY LOWER BODY



Designed to help increase your flexibility of the hips and hamstrings. The class incorporates different types of drills & techniques, combining active and dynamic stretching, isometric and assisted stretching, mobility, and strength and conditioning to move safely into greater ranges of motion and flexibility of the lower body.

FLEXIBILITY FOCUS SPLITS



A flexibility class solely focused on improving your range in splits (front splits/middle splits). Work through different mobility and flexibility techniques, and supportive breath-work, to guide you safely towards improving your range.

Flexibility and mobility of the hips will help your body with anti-aging, pain relief, better balance, alignment, and enhanced performance. You will build strength, and learn effective techniques to master your splits.

CLASS DESCRIPTIONS



SUNRISE VINAYASA



Vinyasa yoga is a style of yoga where poses are linked together with the breath. It's a dynamic practice to lift the heart rate and help students slip into a moving meditation that benefits the body and mind. Whether slow or fast-paced, Vinyasa classes are a great workout for your body to increase strength and flexibility.

SUNRISE HATHA



Begin your Monday in bliss restoring balance between body, mind and spirit with Hatha yoga. The class incorporates moving mindfully through dynamic poses, followed by static poses & breath work to get deeper physically, mentally and energetically. The practice closes relaxing in savasana listening to soulful mantra chanting. Classical inversions are optional and guided.

STRETCH & RELEASE



This class is designed to release tension from the body by holding poses a little longer than just a few breath to allow a deeper release. It helps to stretch the body and calm the nervous system, so you leave the class feeling refreshed, balanced and ready to take on the days ahead. Perfect way to end a week of heavy training.

FOR MORE INFORMATION CONTACT THE BODY FACTORY BALI TEAM TODAY!



+62 811-3802-255



info@bodyfactorybali.com