



MANNING INDOOR ROWING

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	ROWGA				RACE PACER
7:15am	ROWBATA				ROWBATA
9:00am	LONG & STRONG				
4:00pm		LONG & STRONG	ENDUROW		
5:30pm		STEADY CORE		RACE PACER	

LONG & STRONG

A Steady State full body workout. Maximise power and muscular endurance. Pre-season prep!

RACE PACER

An ideal workout for those looking to improve their 2000m pace and overall race fitness. Interval training. 1000m pre-season, 500m race season.

ROWBATA

For those short on time! Tabata style High intensity interval training. Get fit **FAST!**

STEADY CORE

A mix of steady state rowing and core exercises to build muscular endurance and core strength.

ENDUROW

Test yourself! 5000m, 2000m, 1000m or 500m. Come in anytime between 4-6pm and test yourself. Free to all MRRC Members!

ROWGA (Rowing Yoga)

Warm up on the C2 Rower then be guided through a series of static stretches designed to improve your flexibility and lengthen your stroke.

www.manningindoorrowing.com

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