

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 AM	BOXING	RAW	SRC	TICK TOCK	FUNCTIONAL	
6:00-7:00 AM						SRC
9:00-9:45 AM	BOXING	RAW	SRC	TICK TOCK	FUNCTIONAL	
5:30-6:15 PM	RAW	SRC	TICK TOCK	BOXING		

Boxing A group boxing class for all levels. It's a whole body work out including cardio, strength, boxing, kickboxing and much more.

Raw Circuit training. Mixture of weights, cardio, strength and endurance. A high intensity workout for a mix of all fitness levels.

Tick Tock High intensity training always working for time. Intense bursts of exercise, followed by short, sometimes active recovery periods.

Functional High intensity training session designed around functional body movements.

SRC Strength, Reps and Conditioning. A WOD (work out of the day) style of training. High intensity workout for all fitness levels.

KIDZONE Opening hours:
Monday-Friday 8:45-10:00am &
Monday-Thursday 5:15- 6:30pm

**PLEASE BOOK FOR
GROUP CLASSES &
KIDZONE CRECHE**



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