

# GROUP FITNESS TIMETABLE



TEL: 07 4662 3456

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30 - 6.30am	FUNCTIONAL	SRC (45min)	COMBO	BOXING	RAW	SRC (6-7am)
7.00 - 8.00am						POWERFLOW (7-7.45am)
9.00 - 10.00am	MST (9.15-10am)	SRC (9 - 9.45am)	COMBO	FUNCTIONAL (9-9.45am)	RAW	
10.00 - 10.45am					POWERFLOW	
4.30 - 5.00pm						
5.30 - 6.30pm	SRC (45 MIN)	COMBO	BOXING	RAW		
6.30PM - 7.15PM				POWERFLOW		

**MST** Metabolic Strength Training, circuit style gym workout. A mixture of cardio and weights

**POWERFLOW** Improves balance, strength & flexibility. (Mix of Body balance, Yoga, Pilates, Tai Chi & Stretch)

**BOXING** A Group boxing class for all levels. It's a whole body workout 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.

**COMBO CLASS** A whole body work out. Everything from Cardio, Core & Strength.

**FUNCTIONAL** 45-minute class, high intensity training session designed around functional body movements.

**SRC** Strength, Reps & Conditioning, 45 minute class – WOD (Workout of the day) style of training. High intensity workout for all fitness levels

**KidZone** Opening Hours: Monday – Thursday 8.45am – 10am & 5.15 – 6.30pm, Fridays 8.45am – 11am.