



## GROUP CLASS TIME TABLE

Current as of 17th of October, 2022  
 Flat rate of \$12 per class or enquire about group class membership

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>					
PURE STRENGTH & TONE 6am (1hr)	BOXING 6am (45min)		WORKOUT OF THE DAY 6:30 am (30mins)	HIIT 6:15am (45mins)	
					YOGA 7:30am (1hr)
		YOGA 9:30am (1hr)			
					<b>Sunday</b>
<b>EVENING CLASSES</b>					
	WORKOUT OF THE DAY 5:30 pm (1hr)		BOXING/HIIT 5.30pm (1hr)		
	GYMSTICK 6pm (1hr)	PILATES 6pm (45min)	YOGA 6pm (1hr)		

	Cardio Muscular Endurance
	Freestyle Group Training
	Active Dynamic Training
	Strength
	Mind & Body
	Mix of Weights and Cardio Training
HIIT	High Intensity Interval Training
PST	Pure Strength & Tone

\*Classes subject to change we will do our best to ensure members and guest are advised prior to class  
 Please keep an eye on our facebook page for all up to date information