



# GROUP CLASS TIME TABLE

**Current as of November 2024**

*Flat rate of \$15 per class or enquire about group class membership*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>					
PURE STRENGTH & TONE 6am (1hr)	WORKOUT OF THE DAY 6:00AM (1HR)		BOXING 6:00AM (1HR)	HIIT 6:15am (45mins)	
	FUNCTIONAL MOVEMENT 10AM (1HR)				YOGA 7:30am (1hr)
		YOGA 9:30am (1hr)			
					<b>Sunday</b>
<b>EVENING CLASSES</b>					<b>MORNING</b>
	WORKOUT OF THE DAY 5:30 pm (1hr)		BOXING/HIIT 5.30pm (1hr)		
	GYMSTICK 6pm (1hr)	PILATES 6pm (45min)			

	Cardio Muscular Endurance
	Freestyle Group Training
	Active Dynamic Training
	Strength
	Mind & Body
	Mix of Weights and Cardio Training
	Core & Strength
	Functional Movement
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*