



GROUP TRAINING

T I M E T A B L E

MON

TUE

WED

THU

FRI

1:00PM -
1:45PM

POWER
CONDITIONING



CARDIO
BOXING



4:45PM -
5:30PM

CARDIO
BOXING



ATHLETIC
CONDITIONING



CARDIO
BOXING



HIIT



CARDIO BOXING
(FULL TILT FRIDAY)



5:15PM -
6:00PM

DANCE
FITNESS



DANCE
FITNESS



5:30PM -
5:45PM

STRETCH &
MINDFULNESS
SESSION



STRETCH
SESSION



STRETCH &
MINDFULNESS
SESSION



STRETCH
SESSION



STRETCH &
MINDFULNESS
SESSION



All classes must be booked through the members portal

Class entry closes 5 min prior to commencing