



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Expressions of interest only**
6:00-6:45am

*Strength & Conditioning**

*Strength & Conditioning**

7:30-8:30am
Group PT HIIT

8:30-9:15am



8:45-9:30am
Group PT HIIT

9:30-10:15am



*Starts 18th Feb**
10:30-11:15am



3:30-4:15pm

Strength & Conditioning

Strength & Conditioning

6:30-7:15pm

Functional Boxing

Functional Kettlebells

6:00-6:45pm
Functional Training

Functional Training HIIT

6:45-8:00pm

Yin Yoga

BOOKINGS ARE ESSENTIAL
**Expressions of interest only*
Contact Michael on 0421 510 608



	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-5:50am	LEGS AND SHOULDERS		BACK AND BICEPS		CHEST AND TRICEPS
6:00-6:50am	LEGS AND SHOULDERS	HEAVY BAR HIIT	BACK AND BICEPS	HEAVY BAR HIIT	CHEST AND TRICEPS
7:00-7:50am	LEGS AND SHOULDERS	HEAVY BAR HIIT	BACK AND BICEPS	HEAVY BAR HIIT	CHEST AND TRICEPS
4:30-5:20pm	LEGS AND SHOULDERS		BACK AND BICEPS		CHEST AND TRICEPS
5:30-6:20pm	LEGS AND SHOULDERS	HEAVY BAR HIIT	BACK AND BICEPS	HEAVY BAR HIIT	CHEST AND TRICEPS
6:30-7:20pm	HEAVY BAR HIIT		HEAVY BAR HIIT	HEAVY BAR HIIT	

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