



TIMETABLE – Effective from 08.10.2018

| CLASSES | MON | TUES | WED | THURS | FRID | SAT |
|----------------|-------------------------------------------|----------------------------------------------|---------------------------------------------|--------------------------------------------|------------------------------------------------|-----------------------------------------|
| | 6.15am - 7.00am WEIGHTS CIRCUIT | 6.15am - 7.00am HIIT – WHOLE BODY | 6.15am - 7.00am BOOTCAMP/CIRCUIT | 6.15am - 7.00am WEIGHTS CIRCUIT | 6.15am - 7.00am HIIT – WHOLE BODY | 7.30am - 8.15am BOOTCAMP/HIIT |
| | | | | | | 8.30am - 9.15am CIRCUIT/HIIT |
| | 9.30am - 10.30am IMPACT BOXING | 9.30am - 10.15am HIIT – WHOLE BODY | 9.30am - 10.15am BOOTCAMP/CIRCUIT | 9.30am - 10.15am WEIGHTS CIRCUIT | 9.30am - 10.30am IMPACT BOXING | NO CLASSES |
| | 4.30pm - 5.15pm YOUTH BOXING | | | | | |
| | 5.30pm - 6.15pm CIRCUIT/HIIT | 5.45pm - 6.15pm EXTREME ABS | 5.30pm - 6.15pm CIRCUIT/HIIT | | 5.30pm - 6.15pm SCHOOL/SPORTS GROUPS | |
| | 6.30pm - 7.30pm IMPACT BOXING | 6.30pm - 7.15pm BOOTCAMP | 6.30pm - 7.30pm IMPACT BOXING | 6.30pm - 7.15pm CIRCUIT/HIIT | 6.30pm - 7.15pm BOXING CIRCUIT | |

| WEIGHTS | MON | TUES | WED | THURS | FRID | SAT |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|-----------------------------------|
| | MORNING 7.00am – 10.30am | MORNING 6.00am – 10.30am | MORNING 6.00am – 10.30am | MORNING 7.00am – 9.00am | MORNING 6.00am – 10.30am | MORNING 7.00am – 8.30am |
| AFTERNOON 4.00pm – 8.00pm | AFTERNOON 4.00pm – 8.00pm | AFTERNOON 4.00pm – 8.00pm | AFTERNOON 4.00pm – 8.00pm | AFTERNOON 4.00pm – 7.30PM | CLOSED | |

* **PUBLIC HOLIDAYS:** Normal operating hours do not apply on Public Holidays. A Super Circuit Class is held at 8.00am in replacement of all classes.

* **WEIGHTS AREA:** Our weights area is only open to our members.

CASUAL CLASS COST: *\$15.00 per class – No Booking Required*

MEMBERSHIPS: *Include Unlimited Class Pass & access to weights area.*

- *\$35.00 per week – 12 Month Contract*
- *\$40.00 per week – 6 Month Contract*
- *\$45.00 per week – 2 Weeks' Notice*