

CLASS SCHEDULE



Opening Hours: Monday – Friday 5:30am – 7:30pm | Saturday 5:30am – 12pm | Sunday CLOSED

	MON	TUE	WED	THU	FRI	SAT
5:30 AM	BOXING Tiernan	HIIT Brendan	PILATES Zac	STRENGTH Patrick		
6:15 AM	PILATES Zac	STRENGTH Mark REFORMER Sarah	HIIT Tiernan	MOBILITY Mark REFORMER Tiernan	HIIT Brendan PILATES Zenna	PILATES Zac
7:00 AM						SUPER SAT Mark
8:00 AM						MOBILITY Mark
12:00 PM			REFORMER Tiernan		REFORMER Zenna	

EVENING CLASSES

5:30 PM	STRENGTH Mark	HIIT Tiernan	STRENGTH Brendan	HIIT Tiernan		NEW Starts Monday 12 November
6:15 PM	PILATES Zac		PILATES Zac			



BOXING
30 mins

High intensity upper body workout with a conditioning focus



HIIT
30 mins

Cardio series alternating short periods of intense anaerobic exercise with recovery periods to burn fat!



MOBILITY
30 mins

Series of movements aimed at improving joint range of motion & overall functionality.



PILATES
45 mins

Low impact exercise aimed at improving postural alignment, core stability & flexibility through controlled movements.



REFORMER PILATES
60 mins

A series of slow, controlled movements designed to transform the body & improve stability, flexibility & strength.



STRENGTH
45 mins

Intense isolation exercises with free weights & resistance aimed at sculpting & building lean muscle.



SUPER SATURDAY
60 mins

A combination of strength, HIIT & Pilates to form one super Saturday session.