

**STARTS
1 APRIL**



GROUP CLASS SCHEDULE

Opening Hours: Monday - Thursday 5:30am - 7:30pm | Friday 5:30am - 7:00pm | Saturday 5:30am - 12pm | Sunday - CLOSED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am	Strength	Boxing	Matwork Pilates	Mobility	HIIT	
6:15 am	HIIT	Strength Reformer Pilates	Boxing	HIIT Reformer Pilates	Mobility Matwork Pilates	Matwork Pilates
7:00 am	Mobility	HIIT	Strength	Boxing	Matwork Pilates	Super Saturday*
8:00 am						Mobility
10:00 am	Boxing	Matwork Pilates	Mobility	HIIT	Strength	*Testing days will replace these classes on the fourth Thursday & Saturday of each month! Register online at the link below or with Reception.
12:00 pm		Reformer Pilates			Reformer Pilates	
5:45 pm	Strength	Boxing	Matwork Pilates	HIIT		
6:30 pm	Boxing	Matwork Pilates	HIIT	Strength*		

BOXING - 45 mins
High intensity upper body workout with a conditioning focus

HIIT - 45 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

MATWORK 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

**Initial consult required for all class memberships. Packages start at \$38 p/wk*

Book online at inspirehealthservices.com.au/class-bookings