



- GROUP FITNESS CLASSES
- PERSONAL TRAINING
- GROUP PT'S
- STRENGTH TRAINING

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CLASSES ARE NEVER THE SAME & CONSIST OF BOOTCAMP, WEIGHTS, CARDIO CIRCUITS, BOXING, TYRES, ROPES, KETTLEBELLS, HIIT, ABT JUST TO NAME A FEW! ALL FITNESS LEVELS CATERED FOR, MEN & WOMEN.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30-6.30AM	STRENGTH & SCULPT	BOOTCAMP	HIIT/ABS [45mins]	STRENGTH & BOOTCAMP	BOXING	BOOTCAMP [7.00-8.00AM]
9.15-10.15AM CHILD FRIENDLY*	STRENGTH & SCULPT	ABT [45mins]	BOXING	STRENGTH & BOOTCAMP	FRIDAY FRENZY	
4.15-5.15PM CHILD FRIENDLY*	STRENGTH & SCULPT			STRENGTH & BOOTCAMP		
4.30-5.30PM CHILD FRIENDLY*	HIIT Mirani High School [30mins]		BOOTCAMP Mirani High School [4.30-5.15PM]	STRENGTH [5.15-6.15PM]	FRIDAY FRENZY	
5.30-6.30PM CHILD FRIENDLY*	STRENGTH & SCULPT	BOXING	ABT [45mins]	HIIT/ABS [5.30-6.15PM]		

* Child friendly class, children are still under your supervision.