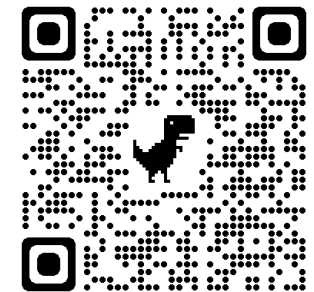


TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
05:30	Condition	Enduro	Strong	HIIT	Hybrid		
06:30	Condition	Enduro	Strong	HIIT	Hybrid		
07:30	Snr Step	Snr Cordio	Snr Strong	Snr Fit	Snr Strong	07:30	Rally
08:30	Snr Strong	Snr Cordio	Snr Strong	Snr Fit	Snr Step	09:00	Yoga Flow
12:15	XPS Condition	XPS Enduro	XPS Strong	XPS HIIT	XPS Hybrid		
16:30	Condition	Enduro	Strong	HIIT	Hybrid		
17:30	Condition	Enduro	Strong	HIIT			

BOOK HERE



CONDITION: Become the all-rounder with this class. Build stamina and boost your overall fitness with this full-body conditioning workout. This class is designed to challenge your aerobic fitness and muscular strength by keeping your heart rate high for an extended period of time.

ENDURO: This session is about finding a steady pace that you can hold for a long period of time while completing cardio and functional movements. This class focuses on increasing volume by prescribing low weight, higher reps and distance runs.

HIIT: This class is perfect for everyone! Short bursts of exercise with recovery periods allows you to control the intensity of your workout. The mix of cardio and functional strength exercises will challenge you, and our coaches will ensure you are training to your full potential.

HYBRID: The perfect mix of conditioning and strengthening focused stations that will improve your cardiovascular endurance and strength. Expect bouts of cardiovascular and compound strength movements that perfectly compliment the week.

RALLY: Finish off the week with a mood boosting workout that includes a variety of movements. This workout aims to get you socialising, sweaty and is the ultimate way to finish the week. Expect teamwork, games, and a challenge!

STRONG: Applying progressive overload and functional strength methods, this class will help you build lean muscle, feel stronger and move better. The best part? No running or jumping required! Expect a strength & technique focused session with barbell movements and accessory work. You choose your weight to suit your fitness level.

YOGA FLOW: A gentle yoga session designed to de-stress the body and mind. Improve your flexibility, balance, and coordination.

SNR CORDIO: A combination of cardio, balance and core exercises that are designed to improve stability, control, and quality of life.

SNR FIT: A low impact fitness class utilising free weights, fit-balls, spin bikes and more.

SNR STEP: Step to the beat of the music with a choreographed aerobics class. A fun way to enjoy fitness and make friends. Capped at 18 people.

SNR STRONG: Learn how to use weight machines and develop strength by participating in this controlled class. Capped at 22 people.

Our coaches can scale movements to suit your needs, so come along no matter your training level.

*All classes are 45 minutes

** XPS classes are 30 minutes