

Fitness Class Timetable

HIIT / Strength / Boot Camp

Monday	6:20am - Sarah 7:10am - Sarah 4:30pm - Sarah 5:20pm - Sarah
Tuesday	7:10am - Piper
Wednesday	7:10am - Sarah 5:20pm - Sarah
Thursday	6:20am - Sarah
Friday	6:20am - Sarah 7:10am - Sarah

All Classes 45 minutes

Fitness Classes:

Strength: predominantly resistance, weights training to build strength

HIIT: High Intensity Interval Training – a mix of resistance and cardio training with high intensity bursts and short low intensity / rest periods.

Boot Camp: a military style mixture of aerobic, cardio and functional whole body fitness training

Fitness Class Memberships

Single class \$22
Fit 12 class pass \$210 (\$17.50/class) 3-month expiry
4 weeks \$220 (\$55/wk)
3 months \$600 (\$46/wk)