

**CLASS** WEEK BEGINNING 15 APR 2024  
**TIMETABLE**



**BOOK YOUR SPOT FOR ALL CLASSES NOW VIA OUR APP!  
SEARCH "GLOFOX" ON APP STORE OR GOOGLE PLAY**

**LITE FIT**

LOW-IMPACT & EASY-TO-FOLLOW CARDIO & STRENGTH (LIMIT 24)

**MON 9.15AM**  
60 MINS

**STEP KETTLE**

LOW-IMPACT CARDIO & WEIGHTS-BASED STRENGTH (LIMIT 15)

**MON 5.30PM**  
60 MINS

**ACCELERATE**

STATIONARY CYCLES (LIMIT 14)

**TUE 5.30PM**  
45 MINS

**LITE FIT**

LOW-IMPACT & EASY-TO-FOLLOW CARDIO & STRENGTH (LIMIT 24)

**WED 9.15AM**  
60 MINS

**KETTLE PUMP**

WEIGHTS-BASED STRENGTH (AGES 16+) (LIMIT 24)

**WED 5.30PM**  
60 MINS

**HI CIRCUIT**

HIGH-ENERGY INTERVAL TRAINING STATION CIRCUIT (LIMIT 12)

**THUR 5.30PM**  
60 MINS

**SPIN CIRCUIT**

STATIONARY CYCLES & WEIGHTS (LIMIT 14)

**FRI 9.15AM**  
60 MINS

CLUB MEMBERS FREE, CASUALS \$10.  
NEVER BEEN TO A GROUP TRAINING CLASS? DON'T WORRY - FULL TRAINING PROVIDED.