

# CLASS TIMETABLE



BOOK NOW ON "GLOFOX" (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

## FLOW

STRETCH AND PILATES-STYLE BODYWEIGHT FLEXIBILITY (LIMIT 18)

**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.