





















Group Fitness Timetable – starting 4 November 2019

W/DAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	W/END TIMES	SATURDAY	SUNDAY
6:00am	AFA 	BUBBA 	BUBBA 	KAZ 	BUBBA 	8:00am	BUBBA 	
12.30pm	HELEN 		EAMON 		EAMON 			
5:30pm	TIANA 	ANNABELLE  YOGA	AFA 	KAZ 	HELEN 			
6:30PM				ANNABELLE  YOGA				
STUDIO GYM OPENING HOURS MON – FRI 5:00am – 7:00pm SAT – 7:00am – 1:00pm SUN – CLOSED PT's & Studio bookings Only 24/7 access for HHF members			PLEASE NOTE, YOU MUST BOOK IN FOR CLASSES & CLASSES CAN CHANGE AT SHORT NOTICE. WE APOLOGISE FOR ANY INCONVENIENCE IN ADVANCE!					

CLASS DESCRIPTIONS

	<p>HHF Workouts range from High Intensity Interval circuits to Heavy Resistance training. All classes accommodate all levels of fitness, coordination and athletic performance. Weight loss, weight gain, sports performance or rehabilitation, our coaches will often modify the workout to suit your goals and current fitness level. Come in and try our 7 Day FREE TRIAL</p>		<p>Fun, filled boxing for fitness. Be alert in these classes, our coaches are sticklers for technique, coordination and speed. Work against the clock, through TABATA or combo's & have a great workout.</p>
	<p>A dynamic slow flow that will gently warm up your body, stretch your muscles and calm your mind. This class helps to build a strong foundation for your yoga practice. Suitable to all levels.</p>		<p>Condition your entire body with 10 Count Boxing sessions! With fundamental coaching in boxing, you will be challenged, dripping with sweat and filled with adrenalin and motivation.</p>