




Group Fitness Timetable – starting 19 November 2018

W/DAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	W/END TIMES	SATURDAY	SUNDAY
6:00am	BUBBA WOD WORKOUT OF THE DAY	BUBBA BOX FIT	BUBBA WOD WORKOUT OF THE DAY	BUBBA WOD WORKOUT OF THE DAY	BUBBA WOD WORKOUT OF THE DAY	9:00am	HELEN, ANNA WOD WORKOUT OF THE DAY	
11:00am	HELEN WOD WORKOUT OF THE DAY		HELEN WOD WORKOUT OF THE DAY		HELEN WOD WORKOUT OF THE DAY			
12.30 pm								
4:30pm		RICHARD BOX FIT		RICHARD WOD WORKOUT OF THE DAY				
5:15pm	TIANA WOD WORKOUT OF THE DAY	RICHARD BOX FIT	TIANA WOD WORKOUT OF THE DAY	RICHARD WOD WORKOUT OF THE DAY	TIANA WOD WORKOUT OF THE DAY			
STUDIO GYM OPENING HOURS MON – FRI 5:00am – 7:00pm SAT – 7:00am – 1:00pm SUN – CLOSED <i>PT's & Studio Bookings Only</i>			PLEASE NOTE, YOU MUST BOOK IN FOR CLASSES & CLASSES CAN CHANGE AT SHORT NOTICE. WE APOLOGISE FOR ANY INCONVENIENCE IN ADVANCE!					

CLASS DESCRIPTIONS

 <p>The logo features the letters 'WOD' in a bold, black, distressed font. The letter 'O' is replaced by a green circular graphic with a white swirl. Below 'WOD' is a horizontal line with arrows at both ends, and the text 'WORKOUT OF THE DAY' is written in a smaller, black, distressed font below the line.</p>	<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>The logo shows a black silhouette of a person in a boxing stance, wearing red boxing gloves. To the right of the person is the text 'BOX FIT' in a bold, black, distressed font. The letter 'O' in 'BOX' is replaced by a green circular graphic with a white swirl.</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>
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