




















Group Fitness Timetable

W/DAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	W/END TIMES	SATURDAY	SUNDAY
6:00am	BUBBA  WORKOUT OF THE DAY	MEL  YOGA	BUBBA  WORKOUT OF THE DAY	KAZ 	ED  WORKOUT OF THE DAY	7:00am	BUBBA  WORKOUT OF THE DAY	
11:00am	HELEN  WORKOUT OF THE DAY		HELEN  WORKOUT OF THE DAY		HELEN  WORKOUT OF THE DAY			
5:15pm	TIANA  WORKOUT OF THE DAY	MEL  YOGA	AFA  10 COUNT BOXING	KAZ 				
6:15pm			KRU 					
STAFFED HOURS MON – FRI 6:00am – 7:30am MON, WED & FRI 11:am – 1:00pm TUES & THURS 1:00pm – 2.00pm MON – THURS 5:00pm – 6:30pm SAT – 7:00am – 9:00am 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>The logo features the letters 'WOD' in a bold, black, distressed font. A green leaf-like shape is integrated behind the letter 'O'. Below 'WOD' is the text 'WORKOUT OF THE DAY' in a smaller, black, sans-serif font, with 'OF THE' in a lighter weight. The text is flanked by two black arrows pointing outwards.</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 gloves. To the right of the person is the word 'BOX' in a large, black, distressed font, with a green leaf-like shape behind the 'O'. Below 'BOX' is the word 'FIT' in a smaller, black, distressed font.</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>The logo features a red circular shape with a white outline of a person in a yoga pose (Padmasana) inside it.</p> <p>YOGA</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 for all levels.</p>	 <p>The logo shows a black and white illustration of a muscular man in a boxing stance, with his right arm extended forward. Below the illustration is the text '10 COUNT BOXING' in a bold, black, sans-serif font.</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>