

SMALL GROUP PERSONAL TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	SHRED - HIIT PETER		STRENGTH NICOLE			
9:15am						BOXING - HIIT PETER/FAB
9:30am		STRENGTH NASS		BOXING - HIIT FAB		
6:15pm			NINJA WARRIOR LUKE	SHRED - HIIT DANIEL		

CLASS DESCRIPTIONS

SHRED - HIIT

This 45-min, high-intensity cardio workout will see three teams take on nine different stations and will kick start your metabolism.

STRENGTH

This class will challenge and change you by focusing on full body strength and endurance. This class requires total body integrated strength, mobility, skill and due to the resistance and functional exercises, you'll burn calories long after the class has finished!

BOXING - HIIT

This 45-min high intensity boxing and interval circuit consists of... you guessed it, boxing and functional resistance movements that will put your strength & stamina to the test.

NINJA WARRIOR

This 45-min class combines elements of Shred (HIIT) & Strength to give you a taste of the prerequisites to make it into the Ninja Warrior show. This class will be instructed by Luke Trainor who made it into the Semi-finals this year!

*These classes will only be available to participants in this years 8 week challenge. Challenge members can still get classes signed off with normal timetable classes.