

ALTITUDE88 TRAINING SESSIONS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-----------------------------|------------------------|-----------------------------|------------------------|-----------------------------|------------------------|-----------------------------|
| 6:30am | BURN88 Main Studio | | BURN88 Main Studio | CRUZ88 Cycle Studio | SOUTHPAW88 Boxing Studio | | |
| 7:30am | | | | | | CRUZ88 Cycle Studio | |
| 8:30am | SOUTHPAW88 Boxing Studio | CRUZ88 Cycle Studio | | | | | SOUTHPAW88 Boxing Studio |
| 9:30am | | | | BURN88 Main Studio | | | |
| 10:30am | | | | | | BURN88 Main Studio | |
| 12:00pm | | | | | | | BURN88 Main Studio |
| 5:30pm | CRUZ88 Cycle Studio | BURN88 Main Studio | CRUZ88 Cycle Studio | | | | |
| 6:00pm | | | | | BURN88 Main Studio | | |
| 7:00pm | | BURN88 Main Studio | SOUTHPAW88 Boxing Studio | BURN88 Main Studio | | | |
| 7:30pm | SOUTHPAW88 Boxing Studio | | | | | | |

SESSION DESCRIPTIONS

BURN88

Providing a fully diverse range of structured, functional, instructor driven classes to challenge the enthusiastic beginner to professional athlete. Be immersed by state-of-the-art equipment and a lighting system that hits you in all the right places. You know it's on when the red lights hit-ya! Altitude provides a new dimension to the classes never experienced before providing you the ability to achieve new heights and goals.

CRUZ88

These sessions are run in our Cycle studio using the most advanced indoor cycle bike Life Fitness IC7. This bike includes a coach by colour intensity guide, watt rate power meter and connectivity to external devices. With up to 3000m simulated Altitude Training, the cycle sessions will be guided by qualified coaches and will rotate programs to rapidly improve your fitness goals.

SOUTHPAW88

With our heat fuelled boxing sessions and your favourite tunes through our new sound system, you will learn how to throw punches like a professional and you will be shown how to put together simple combinations that will improve your self confidence, balance, speed and fitness all under Altitude.

We focus on technique and power and these sessions are guaranteed to raise your heart rate and provide a fantastic combination of cardio and strength. Don't be afraid to come on your own, we will always have a partner here for you!

*These sessions will only be available to participants in this years Altitude88 8 week challenge.