



2024

Inspire ~ Equip ~ Achieve

Open Times

	AM	PM
MONDAY	6:00am - 10:00am	12.30pm - 5.00pm
TUESDAY		
WEDNESDAY		

Gym Timetable 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6.00-6.30	BOOTCAMP		BOOTCAMP		BOOT CAMP	
6.30-7.00						
7.00-7.30	Open Gym		Open Gym		Open Gym	Open Gym
7.30-8.00						
8.00-8.30						
9.00-9.30	Open Gym		Open Gym		Open Gym	
9.30-10.00						
10.00-12.30	Gym Closed For Lunch					
12.30-1.00	Student Excellence		Student Excellence	Student Excellence	Student Excellence	
1.00-1.30	Open Gym		Open Gym	Open Gym		
1.30-2.00						
2.00-2.30						
2.30-3.00						
3.00-3.30	BOXING	TABATA	^ d Z E ' d ,	STRETCH		
3.30-4.00						
4.00-4.30						
4.30-						

Fitness Classes -45 minutes each

Boot Camp: A commando style workout of strength and cardio fitness.
 RPM Cycle class: gentle on knees and hips with strength training.
 Boxing: Boxing for fitness, a great way to let out some extra energy.
 Tabata Tuesday: A great way to mix strength and cardio training.

Core Stability: Strengthening, lengthening, exercise to keep you fit and ~~ab~~ building a strong core.
 Stretch: Pilates crossed with mobility training, help you stay active and mobile so you can live the life you love.
 Strength: A tougher workout for those who want more at the end of the week.
 Personal Training: One-on-one time with one of our expert trainers to focus on your goals! By appointment.

School Holidays Gym open Mon, Wed, Fri between 6am and 10am
 Please note the Gym is closed for 4 weeks over Christmas holidays