

# Group Training Timetable

From Monday 19 August 2019



MON TUE WED THU FRI SAT SUN

6.00am	HIIT		Barbells (Booking required)	Total Body			
6.30am		Boxing	Hybrid		Strength Circuit		
7.00am	Strength Circuit			Core			
8.00am						HIIT	
9.00am	Total Body 45						Hybrid
9.30am		Upper Body Blast	Stretching & Mobility	Strength Circuit 45	Total Body	Boxing / Body Strength 45	
10.30am							Total Body & Stretch 45
11.30am						Stretching & Mobility	
1.00pm	Fitball						
4.00pm							
4.30pm	Total Body						
5.30pm		Cardio Butt & Thighs 45	Hybrid	Strength Circuit			
6.00pm	HIIT			Hybrid	Barbells (Booking required)		
6.30pm			Boxing				
6.45pm		Strength Circuit					
7.00pm				Cardio Kick			

## Opening Hours

Mon 6.00am to 8.00pm  
 Tue 6.00am to 8.00pm  
 Wed\* 6.00am to 7.30pm  
 Thu 6.00am to 8.00pm  
 Fri 6.00am to 7.00pm  
 Sat 7.30am to 1.00pm  
 Sun 9.00am to 1.00pm

Closed Noon to 1pm Mon to Fri  
 \*Close 7.30pm Wed for pilates

## IMPORTANT NOTE

Please arrive on time for classes. It is not possible to join in without adequate warm up as this increases risk of injury and is disruptive for other class participants. Observe opening & closing hours at all times.

Class descriptions are included on the reverse of this timetable. All classes are 30 minutes duration otherwise indicated with 45 for a 45 minute class. Boxing requires participants to wear cotton inner gloves. These are available for purchase at reception for \$2.00.

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# Class Descriptions

## **Barbell**

A barbell workout to improve muscle strength and endurance. This class gives you a total body workout while focusing on correct technique. BOOKINGS ESSENTIAL FOR THIS CLASS.

## **Boxing/Body Strength 45**

Includes both boxing combinations & body strength exercises. You'll be using gloves & pads so bring along or purchase cotton inner gloves.

## **Boxing**

This fun fast paced class will have you working up a sweat with boxing drills using pads & gloves & some cardio thrown in to test those lungs.

## **Cardio/Butt & Thighs**

Includes a combination of cardio exercises to get you in the fat burning zone and exercises to tone that butt & thighs.

## **Cardio Kick**

Combines cardio fat burning exercises with kickboxing. An awesome combo!

## **Core**

Improve your core strength with abdominal and back exercises. Having a stronger core can help reduce back soreness.

## **Fitball**

Utilises fitball for a variety of low impact exercises that focus on body strength and core.

## **HIIT**

High Intensity Interval Training. A challenging conditioning workout that will improve your fitness fast!

## **Hybrid**

This fun class combines metabolic conditioning (think cardio with intent!) with fast paced strength movements to move your heart rate into the zone where results are achieved! Burn fat faster and for longer!

## **Stretching/Mobility**

Learn a variety of stretches and mobilising exercises that will help improve your flexibility.

## **Strength Circuit**

Use a variety of weights (dumbbells, kettlebells and body weight) to improve your strength while utilising a circuit style to keep things fun!

## **Total Body**

A class that will work the whole body incorporating cardio, body strength, free weights and of course, abs.

## **Upper Body Blast**

A muscle conditioning class targeting shoulders, biceps, triceps, chest and back. It's sure to help you tone and feel the burn.

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