


















Group Fitness Timetable – starting 18 May 2020

W/DAY TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	W/END TIMES	SATURDAY	SUNDAY
6:00am	AFA 	BUBBA 	MEL  YOGA	KAZ 	ED 	7:00am	BUBBA 	
11:00am	HELEN 		HELEN 		HELEN 			
5:15pm	TIANA 	MEL  YOGA	AFA 	KAZ 				
STAFFED HOURS MON – FRI 6:00am – 7:30am MON, WED & FRI 11:am – 2:00pm TUES & THURS 1:00pm – 2:00pm MON – THURS 5:30pm – 6:30pm SAT – 8:00am – 9:30am 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>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>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>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>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>