

SMALL GROUP PERSONAL TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	FORTITUDE (PZ)			INTENSITY (PZ)		
8.30am						ESSENCE (O)
9.30am				FORTITUDE (PZ)		
6:00pm			FORTITUDE (PZ)			
7:00pm		INTENSITY (MGF)				

(PZ) – Performance Zone

(MGF) – Main Group Fitness Studio

(O) – Outdoor

CLASS DESCRIPTIONS

Fortitude: A workout designed around strength and conditioning to maximise your potential. Designed to keep you strong to prevent injury and give stability.

Intensity: A cardio based workout to develop aerobic capacity to support fitness and health based outcomes.

Essence: Special outdoor events to be held during the 8WC, look for promotions as they are available. Bookings will be essential. Bootcamp at the Club will always be available.