

# SMALL GROUP PERSONAL TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	BOOTCAMP (GAZZA)	BOOTCAMP (GAZZA)	BOOTCAMP (GAZZA)	BOOTCAMP (GAZZA)	BOOTCAMP (GAZZA)	
7:00am						BOOTCAMP (CHLOE)
9:30am	HIIT (CHRIS)	HIIT (ALEX)	HIIT (CHLOE)	HIIT (ALEX)	HIIT (ALEX)	
12:30pm						BOOTCAMP (CHLOE)
6:45pm	BOXING CIRCUIT (ALI)	BOXING CIRCUIT (ALI)	BOXING CIRCUIT (ALI)	BOXING CIRCUIT (ALI)		

## CLASS DESCRIPTIONS

**Bootcamp:** Welcome to boot camp! A 45 minute session of “old school” blood sweat and tears, a combination of weight bearing high intensity exercises which makes this the ultimate workout!

**HIIT:** A music pumping high intensity circuit workout that changes every session! bring your towel as your gonna sweat!

**Boxing Circuit :** A combination of boxing and high energy circuit training, this is a great way to catch up on those sessions that you’ve missed!



SOUTH PACIFIC  
HEALTH CLUBS

ST KILDA SEA BATHS

10-18 Jacka Boulevard, St Kilda  
03 9525 4888

SOUTHPACIFIC.COM.AU