

MON

TUE

WED

THUR

FRI

SAT

6:00am  
GOOD  
VIBRATIONS

6:30am  
KETTLE  
BELLS

6:00am ♥  
DE-FUZZ  
& PEAK



6:00am  
DE-STRESS  
DE-FUZZ

6:30am  
CORE

6:00am ♥  
ZONE  
CIRCUIT

6:00am  
ADVANCED  
TRX

6:30am  
ADVANCED  
ViPR

8:30am  
ViPR  
EXPRESS

8:00am ♥  
ADVANCED  
ZONE  
1 hour

9:15am ♥  
ZONE  
CIRCUIT

9:15am  
TRX

9:45am  
GOOD  
VIBRATIONS

9:15am ♥  
ZONE  
CIRCUIT

9:15am ♥  
ViPR

9:30am  
GOOD  
VIBRATIONS

9:15am ♥  
ZONE  
CIRCUIT

10:05am  
WOMENS  
STRENGTH

5:45pm  
STRENGTH

5:30pm  
DE-STRESS  
DE-FUZZ

5:30pm  
TRX

5:30pm  
STRENGTH

6:30pm  
TRX

6:05pm ♥  
ViPR

6:00pm  
GOOD  
VIBRATIONS

6:15 pm ♥  
DE-FUZZ  
& PEAK

7:00pm  
ViPR  
EXPRESS

6:30pm  
PLAY



Our classes make you strong, efficient and pain free through whole body workouts. Get results every session with personalised attention from experienced and friendly instructors. Train smarter and accelerate results by tracking your heart rate live during your session. Improve your performance and health, and most of all your quality of life.

## Zone Circuit (45min)

A full body, high intensity interval workout to increase your metabolic response, improve strength, body composition, mobility, and provide plenty of variety. This class uses innovative tools, challenging drills, and movement enhancement strategies. We track your heart rate intensity live to see how you are responding to the workout, and ensure you achieve peaks and recoveries for optimal hormone response.

## Peak (30min)

An advanced high intensity interval training (HIIT) class focused on hitting maximal heart rate peaks and recoveries. A hardcore class for experienced members with great heart rate responsiveness, who like to push their limits.

## ViPR (45min)

Unique ViPR loaded movements will challenge your whole system to increase efficiency, strength, coordination and provide a supreme metabolic response. ViPR provides athletic flowing, variable and nourishing movements that help build every day strength and mobility. This popular class helps increase wellness, reduce injury and fatigue, and complements any traditional weight program.

## TRX

A full body, bodyweight strength workout emphasising 'all core, all the time' using the TRX suspension & Rip trainer. This traditional class builds lean muscle, and is totally adjustable to all levels of fitness.

## Core

A blast of full body movements to tone and strengthen the core in a safe and efficient way. No situps or crunches here, just safe and effective moves to challenge your core in a variety of positions that translate to better posture, everyday strength, and mobility.

## De-stress De-Fuzz

A class for reducing pain, gaining flexibility and enhancing wellness using fascial release, nourishing movement, breath work and Powerplate whole body vibration. Get out of pain, feel good and boost recovery.

## Good Vibrations

A class that uses exclusively Vibration training for traditional strength, and fascial release. You can expect to work hard, increase muscle and bone density, reduce fat and cellulite, balance hormones, boost lymphatic drainage and feel amazing! Maximum of 4 people

## Strength

An advanced class for those who love traditional strength training. This class uses traditional movement patterns like squats, chin ups, dead lifts and equipment such as TRX, Torsonator, kettlebells and dumbbells etc with repeated lifts and sets. Maximum of 4 people per class.

## Kettle bells

An express kettlebell class that builds strength, coordination, power and enhances body composition. This class will challenge your whole body and help you get strong fast!

## Play (30min)

This joyful class will make you sweat and smile. If you need more of both in your life, this is the class for you. 30 minutes of high intensity games based fitness to reduce stress hormones, increase endorphins, and train the brain! We guarantee you will work harder than you thought!