

# LINKED

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00am	Guilty Mondays	HIIT Fix (45 mins)	Outdoor Box	Body Definition	Fresh-Air Friday (Outdoor)	
	Interval Run				HIIT Fix (45mins) + Body Therapy (15 mins)	
07:00am		HIIT Fix (45 mins)		Body Definition (45 mins)		
07:30am						Saturday Special (Outdoor)
09:15am	Guilty Mondays	Female Definition	HIIT Box (45 mins) + Body Therapy (15 mins)	HIIT Fix (45 mins)	Fresh -Air Friday (Outdoor)	
5:30pm			Wednesday Mix Up			
6:00pm				Express HIIT (30 mins)		
06:30pm	Guilty Mondays	Combo Box		Body Definition		
07:30pm	Men's Strength					

\* All sessions are indoor and are one hour in duration unless specified above. For descriptions of each session please visit our website.

\* Bookings are not required for group sessions.

\* Outdoor sessions meet at the corner of Beach Road and Bay Road in front of the playground.