

# shredded **2020** CLASS TIMETABLE

health & performance

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6AM TO 6.45AM							
7AM TO 7.45AM							
8AM TO 8.45AM							
9.30AM TO 10.30AM	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST		
10.30AM TO 11.30AM	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST	GROUP PT BY REQUEST		
12.15PM TO 1.00PM	CORPORATE BY REQUEST	CORPORATE BY REQUEST	CORPORATE BY REQUEST	CORPORATE BY REQUEST	CORPORATE BY REQUEST		
5.45PM TO 6.30PM							



Incorporating a mix of big, compound movements, sleds, prowlers, tyres, etc you will work hard but also be given the rest you need to recover and have an amazing workout.



A non-stop sweat fest, this class has it all! It is designed to turn you into a metabolic monster and have you burning extra calories for the entire day.



A combination of interval training to burn the fat and core exercises to get that six-pack popping, this is a must for a magnificent mid-section and sexy torso.



Designed to get you moving better and feeling amazing with a combination of movement patterns, stretches and breathing techniques.

## Bookings

**BOOKINGS ARE ESSENTIAL** for both members and casual visits.

**Please download the MindBody App and create an account to book your class.**

Classes tend to fill up quickly. To ensure your spot in the class make sure you book ahead so you don't miss out on your favourite class. You may book up to 4 weeks in advance. If you need to cancel a session, log into your account and cancel under 'my schedule.'

## Classes

Classes are included in our Shredded Gym Memberships.

Casuals are welcome to join in on classes so bring a friend to join in on the fun!

**Casual class price for non-members is \$25.**

All classes are based on a 20 person capacity, please book your class to ensure a space.