



FIT ZONE at 6 Degrees South

PH: 9528 1024

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:45am	FIT CARDIO		BOXFIT		FIT STRENGTH		
6:00am		SPIN		SPIN			
6:30am	FIT STRENGTH		FITCOMBO		BOXFIT		
8:00am	VIRTUAL YOGA	VIRTUAL TOTAL BODY WORKOUT	VIRTUAL SPIN	VIRTUAL DANCE & SWEAT	VIRTUAL PILOXING		VIRTUAL SPIN
8:30am						SPIN	
9:00am							HOUR OF POWER
9:15am						FITCOMBO	
9:30am	FIT STRENGTH	FITCOMBO	FITCARDIO	BOXFIT	FIT STRENGTH		
10:30am	COTA	VIRTUAL YOGA	COTA	VIRTUAL YOGA	COTA	YOGA	
12:30pm	VIRTUAL SPIN	VIRTUAL TAEBO SHRED	VIRTUAL SPIN	VIRTUAL XTREME BURN HIIT 30	VIRTUAL SPIN		
4:00pm						VIRTUAL PILOXING	VIRTUAL YOGA
5:45pm		FIT STRENGTH		FITCOMBO			
6:00pm	SPIN		SPIN				
6:30pm		BOXFIT		FIT CARDIO			
6:45pm	FIT CARDIO		FIT STRENGTH				
8:00pm	VIRTUAL YOGA	VIRTUAL PILOXING	VIRTUAL DANCE & SWEAT	VIRTUAL YOGA			
FIT	FIT- Functional Interval Training. Not a buzz word, a life choice! Move better, be stronger, explore your stamina! 45min High Intensity interval Training and endless workout options to help build strength & stamina. Yep burn fat and build muscle fast! It's awesome!! Sign me up today!			SPIN	A dynamic and challenging cycling class to fast track your fitness and burn those excess calories. Work as hard as you want in this class - great for both beginner as well as advanced levels. 45mins		
FIT CARDIO	FIT CARDIO - A 45 minute session that will have you sweating, possibly swearing and definitely gasping! But you have never felt better and can't wait for round 2! 45mins			YOGA	A mind and body experience, where you will learn traditional yoga techniques that will help improve flexibility & strength while relaxing your mind. 1 hour		
FIT STRENGTH	FIT STRENGTH A greater focus on resistance training to really build some lean muscle. Yep.... you're on the the edge of glory, & you'll be back begging for more! 45mins			VIRTUAL	Virtual classes are just that! These classes are demonstrated on TV screens and it's up to you as to whether you thrash it out or take it at your own pace!		
FIT COMBO	FIT COMBO.... because you want the best of both worlds or because you can't decide, either way you will love this intense session!! A big fat dose of Cardio, Strength and Core combined! 45mins			COTA	This class stands for council of the aged. Specific classes for older adults that focus on building core strength, increasing bone density and flexibility. Functional training to help assist with day to day activities. 30 mins		
BOXFIT	BOX-FIT... well the name says it all, but let's say it anyway.... Combining boxing, cardio, strength and core, this 45 min session will get your heart thumping and punching all the way home & back again tomorrow! 45mins			HOUR OF POWER	One hour of pushing yourself to the limit! A great way to ensure you maintain peak condition for the week ahead! Get on in and challenge yourself with this intensive session!		
	The complete fitness tracking system! Monitor your effort - track your heart rate (with 99.4% accuracy) - Earn MYZONE effort points - sync with your smart phone- participate in group challenges-view your data live with the MYZONE app-built in trainer integration-share and get motivated-Track your progress & achieve your fitness goals!						