

FIT ZONE at 6 Degrees South			Timetable as at November 2021			PH: 9528 1024	
	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00am							
6:15am	SPIN	FITCOMBO	SPIN	FIT STRENGTH	SPIN		
6:30am	Narita	Linda	Mark	Rob	David		
6:45am							
8:00am						SPIN	
8:30am						Mark	
9:00am						FITCOMBO	HOOR OF POWER
9:15am	Itay	Deano	Rob	Anthony	David	Mark	Linda
9:30am	FITCOMBO	FIT STRENGTH	FITCOMBO	FIT CARDIO	YOGALATES		
10:30am	COTA		COTA		COTA		
12:30pm	Itay		Rob		Itay		
5:30pm							
5:45pm	SPIN	FITCOMBO	SPIN	FITCOMBO			
6:00pm	Linda	Mark	Luisa	David			
6:30pm	FIT STRENGTH	SPIN	FITCOMBO	SPIN			
7:00pm	Linda	Mark	Luisa	Narita			
8:00pm							
FIT	FIT- Functional Interval Training. Move better, be stronger, explore your stamina! 45min High Intensity interval Training and endless workout options to help build strength & stamina.			SPIN	A dynamic and challenging cycling class to fast track your fitness and burn excess calories. Work as hard as you want - great for both beginner as well as advanced - 45mins		
FIT CARDIO	FIT CARDIO - An intense session that will have you sweating, and most likely gasping! 45mins			BOXING	BOXING - A 45-minute session Combining boxing, cardio, strength and core! It's exhilarating and you won't be able to wait for your next round! 45 mins		
FIT STRENGTH	FIT STRENGTH A greater focus on resistance training to really build some lean muscle - 45mins			YOGALATES	A Yoga mind and body experience, incorporating Pilates. 45mins		
FIT COMBO	FIT COMBO 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	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		
HOOR 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!			GymMaster app or Member Portal to book for classes	Bookings for classes are recommended and we accept bookings right up until the class commences. Please support your favourite classes by placing a booking. Our app is FREE!		