

FIT ZONE at 6 Degrees South			Timetable JUN 2022				PH: 9528 1024
	MON	TUES	WED	THUR	FRI	SAT	SUN
6:00am							
6:15am	SPIN	FITCOMBO	SPIN	FIT STRENGTH			
6:30am							
6:45am							
8:00am						SPIN	
8:30am							
9:00am						FITCOMBO	HOUR OF POWER
9:15am							
9:30am	FITCOMBO	FIT STRENGTH	FITCOMBO	FIT CARDIO	YOGALATES		
10:30am	COTA		COTA		COTA		
12:30pm							
5:30pm							
5:45pm	SPIN		SPIN	FITCOMBO			
6:15pm		BEYOND SQUATS					
6:30pm	FIT STRENGTH		FIT STRENGTH	SPIN			
7:00pm							
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			BEYOND SQUATS	Transferring power from your lower to upper body requires strongcore and glutes and hips. Whether you're a squats person or a Pilates enthusiast, this hip and glutes session will mobilise, tone and definitely toast these muscle groups 45mins		
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		
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!			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!		