

FP FIT-mob	MON	TUES	WED	THURS	FRI	SAT	SUN
5.15AM 30MINS		RISE & GRIND		RISE & GRIND			
6.00AM 60MINS		WOD	SPIN 30	WOD			
6.00AM 60MINS	BIKE BOX	SPIN 30	HIIT 45	SPIN 30	BIKE BOX		
6.30AM 30MINS		CORE CIRCUIT		CORE CIRCUIT			
6.45AM 60MINS						HIIT 45	
8.00AM 45MINS						WHAT GOES	
8.30AM 45MINS							SUNDAY CIRCUIT
9.15AM 45MINS	PUNCH FIT	WHAT GOES	WEDNESDAY WEIGHTS	WHAT GOES	PUNCH FIT		
12.30PM 30MINS	HIIT 30	HIIT 30	HIIT 30	HIIT 30	HIIT 30		
3.45PM 45MINS							
5.00PM 30MINS							
5.15PM 30MINS	SPIN	HIIT 30	WEDNESDAY WEIGHTS	HIIT 30	SPARTAN		
5.30PM 30MINS							
5.45PM 45MINS	PUNCH FIT		PUNCH FIT				
6.00PM 60MINS		WOD		WOD			
6.30PM 60MINS							

RISE & GRIND

30 minute high intensity whole body training sessions for those wanting to make shit happen early! (Beg) (Int) (Adv)

BIKE BOX

Get the best of both Spin Bike & Boxing workouts. Great for cardio fitness, full body strength & conditioning. (Beg) (Int) (Adv)

SPIN

The best Spin/RPM in the industry. Tackle the challenging courses created by our professional cycling instructors. (Beg) (Int) (Adv)

PUNCH FIT

Boxing focussed circuit class learn technique & combinations from certified Boxing & martial arts coaches. (Beg) (Int) (Adv)

WHAT GOES

What ever the instructors feels like. Let their creativity motivate you for a unique, unpredictable, always awesome workout. (Beg) (Int) (Adv)

WORK OUT OF THE DAY (WOD)

Strength & Conditioning, Functional Training Class. Involves Weight Lifting, Gymnastics, Athleticism and Metabolic conditioning. (Int) (Adv)

HIIT

30/45 minute Express Circuit designed to fit into your lunch break or after work. (Beg) (Int) (Adv)

WOMEN'S BEGINNER

30min circuit class designed for beginner-intermediate fitness levels. Various training from body weight to boxing and weight training (Beg) (Int) (Adv)

SPARTAN

300 reps in 30 minutes. The perfect all over body smashing to finish out the week. (Beg) (Int) (Adv)

OLYMPIC LIFTING

Strength training based around olympic movement and technique. (Int) (Adv)

BOOTCAMP

Indoor & Outdoor bootcamp style training that works on a 6 week block through the year. (Beg) (Int) (Adv)

SUPER SATURDAY HIIT 45

45 minute Super Saturday with what ever the instructors feels like. Let their creativity motivate you for a unique, unpredictable, always awesome workout to start your weekend. (Beg) (Int) (Adv)

SUNDAY CIRCUIT 45

45 minutes Weekend Cure with what ever the instructors feels like. (Beg) (Int) (Adv)