









CLASS TIMETABLE

WYNNUM/MANLY

Effective December 2018

PUMPED

fit.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:30AM		 BOOT CAMP		 BOOT CAMP	
6:15 AM					 STRENGTH & CONDITIONING <small>**COORPAROO STUDIO**</small>
7:00 AM					 BOOT CAMP
7:15 AM					 MOBILITY <small>**COORPAROO STUDIO**</small>
8:00 AM					 METCON 45 <small>**COORPAROO STUDIO**</small>
6:00 PM	 BOOT CAMP		 BOOT CAMP		

SESSION DESCRIPTIONS

STRENGTH & CONDITIONING

If your goals are to increase power, strength, speed and / or endurance, appropriate programming and techniques are essential. Our strength and conditioning program will help you perform, think and look like an athlete. This class will use a variety of equipment such as barbells, bumper plates, sleds, tyres, kettlebells, ropes and more!

BOOT CAMP

Outdoor Functional training, designed to test your physical and mental strength, with innovative body weight conditioning. This class will target all components of fitness, providing a fun and challenging workout designed to get results FAST!

METABOLIC CONDITIONING

A 45min full body conditioning class, utilizing functional movements and high intensity cardio intervals. If fat loss is your goal, then this is the class for you. It works all energy pathways, increasing your capacity to train hard, resulting in rapid fat loss. This class will cater for all levels of fitness from the beginner to the advanced athlete.

MOBILITY & FLEXIBILITY

Finish your week with a class utilizing foam rollers, stretch bands and broomsticks aimed at releasing tight connective tissues and ligaments, while developing mobility and flexibility. Ignoring these two aspects of movement will decrease your ability to perform in areas. If you are looking to become a stronger version of yourself, mobility and flexibility is key.



WYNNUM/MANLY

George Clayton Park, 55 Lower Esplanade, Manly 4179

COORPAROO STUDIO

14C Milsom Street, Coorparoo, QLD 4151

