

# CLASS TIMETABLE

COORPAROO | PUMPEDFIT STUDIO

Effective July 2018

# PUMPED

fit.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15 AM	METCON 45	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	OLYMPIC LIFTING	
6.15 AM	STRENGTH & CONDITIONING	METCON 45	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	OLYMPIC LIFTING	STRENGTH & CONDITIONING
7.15 AM						MOBILITY
8.00 AM						METCON 45
9.15 AM	METCON 45 ***SUITABLE FOR MUMS & BUBS***		METCON 45 ***SUITABLE FOR MUMS & BUBS***		METCON 45 ***SUITABLE FOR MUMS & BUBS***	
4.15 PM		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		
5.15 PM	STRENGTH & CONDITIONING	METCON 45	THE 300	METCON 45	STRENGTH & CONDITIONING	
6.15 PM	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	THE 300	STRENGTH & CONDITIONING		

## 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 & MORE!



### 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.



### OLYMPIC LIFTING

A unique, technical class aimed at developing the ins and outs of Olympic weight lifting. This is a long-term journey for those wanting to develop their power output and raw strength. Learn the fundamentals of all Olympic-based movements, with experienced, technical coaching.



300

300 reps - 40 Minutes capped! Based around high rep work, this class will test you physically and help build a mental edge over your competition.



### 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 all areas. If you are looking to become a stronger version of yourself, mobility and flexibility is key.



COORPAROO - 14C Milson Street, Coorparoo, QLD 4151