

Valid to:

www.warehousefitness.com.au

Day/Time	6.15am		9.30am	9.30am	10.35am	10.35am	5.30pm	5.30pm	6.30pm	6.30pm	6.45pm	7.30pm
Mon			CYCLE	Fat Burner BODY ATTACK	YOGA		Boxer Circuit	body step	BODY PUMP	BODY COMBAT		YOGA
Tue	CYCLE		body step	BODY PUMP	EZY MOVES		Toner	BODY COMBAT	ZUMBA	Circuit Class	CYCLE	
Wed	CYCLE	6.15am BODY PUMP	BODY COMBAT		YOGA		Boxer Circuit	BODY PUMP		Fat Burner BODY ATTACK	rpm	BODY BALANCE
Thur	CYCLE		Fat Burner BODY ATTACK	BODY PUMP	EZY MOVES	SH'BAM	CYCLE	Fat Burner BODY ATTACK	BODY PUMP	Circuit Class	6.30pm Toner	
Fri	CYCLE	8.00am YOGA	BODY COMBAT		BODY PUMP		Boxer Circuit					
Sat	CYCLE	8.15am BODY COMBAT	9.30am Boxer Circuit	9.30am BODY PUMP	10.40am SH'BAM	10.40am BODY BALANCE	4.05pm BODY PUMP					
Sun		rpm	BODY COMBAT									



Class Descriptions



ZUMBA and SH'BAM: Red hot dance steps, pulsating latin rhythms and easy to follow routines. This invigorating dance-fitness will have you movin', groovin' & shakin' your way to fitness.

EZY MOVES: A safe and effective workout that will encourage muscular strength, bone density and assist in weight loss. A great, fun workout with loads of variety.

TONER: An excellent low impact, high intensity class that guarantees to tone the total body.



BODY ATTACK (Fat Burner): A high energy class with simple moves. Ideal for anyone looking to improve their fitness and burn those extra calories.



BODY STEP: A choreographed step program that uses simple athletic moves. A great way to tone the legs, butt and thighs.



BODY PUMP: A non impact class using barbells, weights and motivational music. Be careful, this class will change the shape of your body. (* Technique session a must before you try Body Pump.)



BODY COMBAT: A choreographed martial arts program. Powerful, motivating music and moves from different disciplines such as boxing, karate, tai-chi, and kick boxing will ensure that you get a great workout.



BODY BALANCE: A beautifully choreographed class that combines elements of yoga, pilates and tai-chi.



YOGA: Hatha style, level one class. One hour of stretch and 15 minutes of relaxation.

CIRCUIT CLASS: This class is held in the gym circuit area with an instructor. A great class to burn fat and tone the body. (* Technique session a must before you try a circuit class.)

BOXER CIRCUIT: This class is held in the group fitness room. You will use speed balls and punching bags. No complicated moves in this class. Energy required. Gloves supplied.



CYCLE: A cardio session like no other. You will be taken on the bike ride of your life, from mountain climbs to sprints... all on a bike. A cycle class that is fun, energetic and exciting. (You must book to attend class in advance).

WAREHOUSE FITNESS CENTRE TRADING HOURS

Monday	5.45am - 9.00pm
Tuesday	5.45am - 9.00pm
Wednesday	5.45am - 8.30pm
Thursday	5.45am - 8.30pm
Friday	5.45am - 8.00pm
Saturday	7.00am - 6.30pm
Sunday	8.00am - 12.00noon 3.00pm - 6.00pm

Public Holidays - please enquire.

CHILD MINDING

Monday - Friday	8.30am - 12 noon
Monday Evening	5.15pm - 7.45pm
Tuesday Evening	5.15pm - 7.45pm
Wednesday Evening	5.15pm - 8.30pm
Saturday	8.00am - 12 noon

Not available Public Holidays