



GROUP FITNESS TIMETABLE

SOUTH FREMANTLE

South Fremantle Club details

📍 258 Hampton Rd, South Fremantle

☎ 9335 7333

✉ info@warehousefitness.com.au

📱 WarehouseFitnessCentre

Valid to: 31/1/2019

*Timetable subject to change

www.warehousefitness.com.au

WEEKDAY CLASS TIMES													
	6.00am	6.00am	9.00am	9.30am	9.30am	10.35am	4.55pm	5.30pm	5.30pm	6pm	6.30pm	6.30pm	7.30pm
Mon				CYCLE	BODYATTACK™	YOGA	CYCLE	BOXER CIRCUIT	BODYSTEP™		BODYPUMP™	BODYCOMBAT™	YOGA
Tue	Bootcamp	CYCLE	8.55am EXWORX	BODYSTEP™	BODYPUMP™		5.15pm EXWORX	TONER	BODYCOMBAT™		ZUMBA	"Retro" BODYATTACK™	
Wed		CYCLE		BODYCOMBAT™	TONER	YOGA	LES MILLS GRIT™	YOGA	BODYPUMP™		BOXER CIRCUIT		7pm BODYBALANCE™
Thur	Bootcamp	CYCLE		BODYATTACK™	BODYPUMP™	BODYBALANCE™	EXWORX	CYCLE	BODYATTACK™		BODYPUMP™		
Fri	CYCLE	8.00am YOGA	CYCLE		BODYCOMBAT™	BODYPUMP™							

WEEKEND CLASS TIMES													
	7.15am	7.45am	8.15am	8.25am	8.25am	9.30am	9.30am	10.40am	10.40am				
Sat	CYCLE	LES MILLS GRIT™	CYCLE	BODYCOMBAT™	BOXER CIRCUIT		BODYPUMP™	KONGA	BODYBALANCE™				
Sun			CYCLE			BODYCOMBAT™							

CASUALS WELCOME: ONLY \$12 per class or \$9 for Grit & CxWorx / 10 visit Card for \$99.00



GROUP FITNESS TIMETABLE

O'CONNOR

O'Connor Club details

📍 Unit 1, 5 Stockdale Road, O'Connor

☎ 9331 4665

✉ info@warehousefitness.com.au

*Timetable subject to change

WEEKDAY CLASS TIMES									
	6.00am	9.00am	9.30am	10.35am	4.55pm	5.30pm	6.05pm	6.35pm	6.55pm
Mon			BODYCOMBAT™			LES MILLS GRIT™	HUSTLE 45		ZUMBA
Tue			Bootcamp	YOGA		BOXER CIRCUIT		BODYPUMP™	7.35pm YOGA
Wed	Bootcamp		BODYPUMP™			TONER			
Thur			LES MILLS GRIT™			BODYPUMP™		YOGA	
Fri	Bootcamp	LES MILLS GRIT™	YOGA						

WEEKEND CLASS TIMES									
		8.25am	8.30am	9.30am					
Sat			BODYPUMP™	ZUMBA					
Sun		LES MILLS GRIT™							



Class Descriptions



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



CXWORX: A 30 minute class that hones in on your abs, glutes and back, connecting your upper and lower body for a workout that will leave you feeling strong.

TONER

TONER: An excellent low impact, high intensity class that guarantees to tone the total body. Get your body totally toned and tight with this fun class that will make you burn.



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



BODY STEP: A choreographed step program that uses simple athletic moves 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.)

BOXER CIRCUIT

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.



GRIT: A short, sharp workout combining weightlifting, running and plyometrics for a full body workout that increases aerobic capacity, strength, muscular endurance, metabolism and power.



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

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

CYCLE

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.



WAREHOUSE BOOTCAMP: Various training methods designed to get you fitter & stronger. This class provides complete body conditioning, be prepared for anything!



KONGA is a wild mash-up of Boxing, Kickboxing, Cardio, Afro, Pop, Rock, Pilates, Disco & everything in between. Addictive because it is the perfect concoction of easy-to-do moves, insane music & routines that are specifically designed to shape, sculpt & redefine your physique.

HUSTLE 45

HUSTLE 45: Like the hustle and bustle of a 45 minute workout? Then this is your class! Increase aerobic fitness and build lean muscle in a shorter amount of time. Thrust your metabolism into full swing as you hustle your way through the stations.



TWIRL LIGHT ZONE: An easy and fun form of exercise that improves coordination and creativity. Come and learn new skills whilst enjoying the joy of movement with music using props!

CHILD MINDING HOURS

MORNINGS AT BOTH CLUBS

Monday to Friday

8.30am - 12 noon

Saturday

8.00am - 12 noon

EVENINGS AT FREMANTLE

Monday Evening

5.15pm - 7.45pm

Tuesday Evening

4.45pm - 7.45pm

Wednesday Evening

4.45pm - 8.00pm

No booking required

Not available Public Holidays

TRADING HOURS

SOUTH FREMANTLE

Monday	5.00am - 9.00pm
Tuesday	5.00am - 9.00pm
Wednesday	5.00am - 8.30pm
Thursday	5.00am - 8.30pm
Friday	5.00am - 8.00pm
Saturday	7.00am - 6.30pm
Sunday	8.00am - 12.00noon
	Re-open 3.00pm - 6.00pm

Please enquire for Public Holidays or check Facebook.

(08) 9335 7333

258 Hampton Rd, South Fremantle 6162
(Entry off Naylor street at rear of building)



TRADING HOURS

O'CONNOR

Extended trading hours 4am—11pm, 7 days a week

Monday	7.00am - 7.00pm
Tuesday	7.00am - 7.00pm
Wednesday	7.00am - 7.00pm
Thursday	7.00am - 7.00pm
Friday	7.00am - 5.00pm
Saturday	7.00am - 12.00 noon
Sunday	8.00am - 12.00 noon

Please enquire for Public Holidays or check Facebook.

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