



# GROUP FITNESS TIMETABLE

## SOUTH FREMANTLE

South Fremantle Club details

📍 258 Hampton Rd, South Fremantle

☎ 9335 7333

✉ info@warehousefitness.com.au

📱 WarehouseFitnessCentre

Valid to: 28/2/2019

\*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                | 5/5.15pm                | 5.30pm               | 5.30pm            | 6.30pm               | 6.30pm            | 7.30pm                    |
| Mon                 |                 |                |                         | <b>CYCLE</b>      | <b>BODYATTACK</b> | YOGA               |                       | <b>CYCLE</b><br>5.15pm  | <b>BOXER CIRCUIT</b> | <b>BODYSTEP</b>   | <b>BODYPUMP</b>      | <b>BODYCOMBAT</b> | YOGA                      |
| Tue                 | <b>Bootcamp</b> | <b>CYCLE</b>   | 8.55am<br><b>EXWORX</b> | <b>BODYSTEP</b>   | <b>BODYPUMP</b>   |                    | <b>EXWORX</b>         |                         | <b>TONER</b>         | <b>BODYCOMBAT</b> | <b>ZUMBA</b>         | <b>"Retro"</b>    |                           |
| Wed                 |                 | <b>CYCLE</b>   |                         | <b>BODYCOMBAT</b> | <b>TONER</b>      | YOGA               | <b>LES MILLS GRIT</b> |                         | YOGA                 | <b>BODYPUMP</b>   | <b>BOXER CIRCUIT</b> |                   | 7pm<br><b>BODYBALANCE</b> |
| Thur                | <b>Bootcamp</b> | <b>CYCLE</b>   |                         | <b>BODYATTACK</b> | <b>BODYPUMP</b>   | <b>BODYBALANCE</b> | <b>EXWORX</b>         |                         | <b>CYCLE</b>         | <b>BODYATTACK</b> | <b>BODYPUMP</b>      |                   |                           |
| Fri                 | <b>CYCLE</b>    | 8.00am<br>YOGA | <b>CYCLE</b>            |                   | <b>BODYCOMBAT</b> | <b>BODYPUMP</b>    |                       | 5pm<br>Twirl Light Zone |                      |                   |                      |                   |                           |

**WEEKEND CLASS TIMES**

|     | 7.15am       | 7.45am                | 8.15am       | 8.25am            | 8.25am               | 9.30am            | 9.30am          | 10.40am      | 10.40am            |  |  |  |  |
|-----|--------------|-----------------------|--------------|-------------------|----------------------|-------------------|-----------------|--------------|--------------------|--|--|--|--|
| Sat | <b>CYCLE</b> | <b>LES MILLS GRIT</b> | <b>CYCLE</b> | <b>BODYCOMBAT</b> | <b>BOXER CIRCUIT</b> |                   | <b>BODYPUMP</b> | <b>KONGA</b> | <b>BODYBALANCE</b> |  |  |  |  |
| Sun |              |                       | <b>CYCLE</b> |                   |                      | <b>BODYCOMBAT</b> |                 |              |                    |  |  |  |  |

**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                 |                 |                       | <b>BODYCOMBAT</b>     |         |        | <b>LES MILLS GRIT</b> | <b>HUSTLE 45</b> |                 | <b>ZUMBA</b>   |
| Tue                 |                 |                       | <b>Bootcamp</b>       | YOGA    |        | <b>BOXER CIRCUIT</b>  |                  | <b>BODYPUMP</b> | 7.35pm<br>YOGA |
| Wed                 | <b>Bootcamp</b> |                       | <b>BODYPUMP</b>       |         |        | <b>TONER</b>          |                  |                 |                |
| Thur                |                 |                       | <b>LES MILLS GRIT</b> |         |        | <b>BODYPUMP</b>       |                  | YOGA            |                |
| Fri                 | <b>Bootcamp</b> | <b>LES MILLS GRIT</b> | YOGA                  |         |        |                       |                  |                 |                |

  

| WEEKEND CLASS TIMES |  |                       |                 |              |  |  |  |  |  |
|---------------------|--|-----------------------|-----------------|--------------|--|--|--|--|--|
|                     |  | 8.25am                | 8.30am          | 9.30am       |  |  |  |  |  |
| Sat                 |  |                       | <b>BODYPUMP</b> | <b>ZUMBA</b> |  |  |  |  |  |
| Sun                 |  | <b>LES MILLS GRIT</b> |                 |              |  |  |  |  |  |



# 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.

(08) 9331 4665

Unit 1, 5 Stockdale Rd, O'Connor 6163

