



GROUP FITNESS TIMETABLE

SOUTH FREMANTLE

South Fremantle Club details

📍 258 Hampton Rd, South Fremantle

☎ 9335 7333

✉ info@warehousefitness.com.au

📘 WarehouseFitnessCentre

Valid to: 31/03/2019

*Timetable subject to change

www.warehousefitness.com.au

WEEKDAY CLASS TIMES													
	6.00am	6.00am	9.15am	9.30am	9.30am	10.35am	4.55pm	5.00pm	5.15pm	5.30pm	5.30pm	6.30pm	6.30pm
Mon			barre	CYCLE	BODYATTACK		barre		CYCLE	BOXER CIRCUIT	BODYSTEP	BODYPUMP	BODYCOMBAT
Tue	Bootcamp	CYCLE	8.55am EXWORX	BODYSTEP	BODYPUMP		EXWORX			TONER	BODYCOMBAT	ZUMBA	
Wed		CYCLE		BODYCOMBAT	TONER		LES MILLS GRIT				BODYPUMP	BOXER CIRCUIT	
Thur	Bootcamp	CYCLE		BODYATTACK	BODYPUMP		EXWORX			CYCLE	BODYATTACK	BODYPUMP	
Fri	CYCLE		CYCLE 9.00am		BODYCOMBAT	BODYPUMP		Twirl Light					

WEEKEND CLASS TIMES													
	7.15am	7.45am	8.15am	8.25am	8.25am	9.30am	9.30am	10.40am					
Sat	CYCLE	LES MILLS GRIT	CYCLE	BODYCOMBAT	BOXER CIRCUIT	barre	BODYPUMP	KONGA					
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	6.35pm
Mon			BODYCOMBAT		LES MILLS GRIT	BODYPUMP	ZUMBA
Tue			Bootcamp			BOXER CIRCUIT	
Wed	Bootcamp		BODYPUMP			TONER	
Thur			LES MILLS GRIT			BODYPUMP	
Fri	Bootcamp	LES MILLS GRIT					

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.



BARRE: is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



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.



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

4.45pm - 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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