

# TIMETABLE 2017



GROUP FITNESS CENTRE - 5/1637 Main Road, Research VIC 3095

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00am	<b>BOXFIT</b> Amber 30min	<b>CYCLE</b> Kristian 30min	<b>CIRCUIT</b> Amber 45min	<b>COMBAT FITNESS</b> Kate 45min	<b>CYCLE</b> Irene 45min		
6.30am	<b>CIRCUIT</b> Amber 30min	<b>CIRCUIT</b> Kristian 30min					
7.00am					<b>CARDIO KETTLEBELL</b> Kate 30min	<b>COMBAT FITNESS</b> Kate 30min	
8.00am	<b>FOREVER YOUNG</b> Gayle 45min		<b>FOREVER YOUNG</b> Gayle 45min		<b>FOREVER YOUNG</b> Gayle 45min	<b>RUNNING CLUB</b> Micky 60min <b>BOXFIT</b> Kate 45min	<b>CIRCUIT</b> Frankie/Teresa 45min
9.00am					<b>CIRCUIT</b> Teresa 45min	<b>CYCLE</b> Amber 45min	<b>CIRCUIT</b> Frankie/Teresa 45min
9.15am	<b>STRENGTH &amp; TONE</b> Leila 45min	<b>CYCLE</b> Irene 45min	<b>STRENGTH &amp; TONE</b> Irene 45min	<b>BOXFIT</b> Frankie 45min			
9.45am					<b>CIRCUIT</b> Teresa 45min		
10.00am						<b>CYCLE</b> Amber 30min	<b>PILATES</b> Amanda 60min
10.15am	<b>BOXFIT</b> Timmy 45min	<b>TOTAL BODY BLAST</b> Amber 45min	<b>CYCLE</b> Irene 45min	<b>PILATES</b> Bronwyn 60min			
10.30am					<b>AB BLAST</b> Teresa 20min	<b>CIRCUIT</b> Amber 30min	
11.15am						<b>YOGA</b> Suez 60min	
4.15pm	<b>KIDS - BOXFIT</b> Amber 30 min	<b>FAMILY YOGA</b> Lee 30min					
5.00pm	<b>TABATA</b> Brad 30 min	<b>COMBAT FITNESS</b> Kate 45min	<b>CIRCUIT</b> Frankie 30min	<b>TABATA</b> Frankie 30 min			
5.30pm	<b>AB BLAST</b> Brad 20 min		<b>KETTLEBELL</b> Frankie 30min	<b>AB BLAST</b> Frankie 20 min	<b>KETTLEBELL</b> Brad 30min		
6.00pm	<b>STRENGTH &amp; TONE</b> Brad 45min	<b>TOTAL BODY BLAST</b> Timmy 45min	<b>CYCLE</b> Kristian 45min	<b>CIRCUIT</b> Frankie 45min	<b>BOXNG</b> Alex 60min		
7.00pm	<b>CYCLE</b> Irene 45min	<b>CYCLE</b> Irene 45min	<b>7.00pm CIRCUIT</b> Amber 30min <b>7.30pm BOXFIT</b> Amber 30min	<b>STENGTH &amp; TONE</b> Leila 45min			
8.00pm	<b>8.00pm BOXFIT</b> Timmy 30min <b>8.30pm CIRCUIT</b> Timmy 30min	<b>8.00pm CIRCUIT</b> James 30min <b>8.30pm BOXFIT</b> James 30min		<b>YOGA (Vinyasa Flow)</b> Suez 60min			

**ABS** : A Class with a focus to strengthen the core

**BOXING**: A class dedicated to improving your boxing technique. Suitable for entry level & advanced.

**BOXFIT**: boxing techniques & different combinations. A class to get your heart rate up & make you sweat.

**CARDIO KETTLEBELL**: A mix of body weight cardio exercises mixed with the resistance of kettlebells – designed to make you sweat.

**CIRCUIT**: Fun, varied & effective workout. A mixture of cardio & resistance whilst working with different equipment to set times or repetitions.

**COMBAT FITNESS**: A class that uses techniques from the military to improve strength, endurance, cardio, body shape and coordination.

**CYCLE**: Freestyle class for toning & burning calories fast. Ride the hills & the flat roads with variety.

**FOREVER YOUNG**: Low impact work out, with light cardio, light weights, core, balance, stability, & stretching – great for beginners.

**KETTLEBELL**: Elevate your heart rate with this Russian Military Special Forces workout equipment, whilst building strength & endurance.

**RUNNING CLUB**: A different focus each week including speed, strength & endurance, hills, intervals & tempo.

**STRENGTH & TONE**: A class to strengthen the entire body. Barbell & weight plates used to incorporate squats, presses & lifts for all over toning.

**TOTAL BODY BLAST**: A high intensity blast of a class, including kettlebell work, circuit & abs.

**TABATA**: high-intensity interval training (HIIT) workout, featuring exercises that last 4 minutes each.

**YOGA/PILATES**: Breathing, control, flexibility, posture & entire body toning in a relaxing environment. (We offer 'Vinyasa Flow' Yoga.)

**FAMILY YOGA**: for children aged 7 years + and their parents, a relaxing practice using breathing techniques, sequences, poses and relaxation to calm, energize & relieve stress

**KIDS BOXFIT**: 8 - 15 year old's. A mixture of boxing & circuit work with fun & games, whilst teaching technique.

(Family Yoga & Kids Boxfit = \$10 per child\*)

## MICKY'S FITNESS 24 HOUR GYM

2/7 Candlebark Court, Research VIC 3095

## OPEN 24 HOURS / 7 DAYS A WEEK

(24 Hour Gym Staffed: Monday – Saturday 8.00am-11.30am & Monday – Thursday 5.00pm – 8.00pm)

[www.mickysfitness.com](http://www.mickysfitness.com) / 9437 0132