



# GROUP FITNESS TIMETABLE

www.young4life.com.au

Unlimited  
Group Fitness  
Classes  
JUST \$24.95  
per week!

As of June 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am	<b>Circuit</b> GF Studio #1 45mins	<b>Tabata</b> GF Studio #1 30mins	<b>Strength &amp; Tone</b> GF Studio #1 45mins	<b>HIIT</b> GF Studio #1 30mins	<b>Strength &amp; Tone</b> GF studio #1 45 mins	
6am		<b>Tabata</b> GF Studio #1 30mins	<b>BOX FIT</b> GF studio #2 45 mins	<b>HIIT</b> GF Studio #1 30mins	<b>BOX FIT</b> GF studio #2 45 mins	
	<b>Rave Ride</b> Spin Studio 45mins	<b>Rave Ride</b> Spin Studio 45mins	<b>Rave Ride</b> Spin Studio 45mins	<b>Rave Ride</b> Spin Studio 45mins	<b>Rave Ride</b> Spin Studio 45mins	
6.15am	<b>Circuit</b> GF Studio #1 45mins		<b>Strength &amp; Tone</b> GF studio #1 45 mins		<b>Strength &amp; Tone</b> GF studio #1 45mins	
6.30am		<b>AB Blast</b> GF Studio #1 20mins		<b>Legs, Bums, Tums</b> GF Studio #1 30mins		
7am						<b>Rave Ride</b> Spin Studio 45mins
8am						<b>Super Saturday</b> PT Studio (60 mins)
9.30am	<b>Legs, Bums, Tums</b> GF Studio #1 30mins	<b>Rave Ride</b> Spin Studio 45mins	<b>Circuit</b> GF Studio #1 45mins		<b>Strength &amp; Tone</b> GF studio #1 45 mins	
5.30pm		<b>HIIT</b> GF Studio #1 30mins	<b>Circuit</b> GF Studio #1 45mins	<b>Tabata</b> GF Studio #1 30mins		
6pm	<b>Strength &amp; Tone</b> GF studio #1 45mins	<b>AB Blast</b> GF Studio #1 20mins		<b>AB Blast</b> GF Studio #1 20mins		
	<b>Rave Ride</b> Spin Studio 45mins			<b>Rave Ride</b> Spin Studio 45mins		
6.30pm		<b>Yoga</b> GF Studio #1 60mins	<b>FLOW</b> GF Studio #1 30mins	<b>Yoga</b> GF Studio #1 60mins		

## ONLINE CLASSES

9.30am	<b>Strength &amp; Tone</b>	<b>HIIT</b>	<b>Legs, Bums, Tums</b>	<b>Circuit</b>	<b>Tabata</b>	
10am					<b>AB Blast</b>	

Book via  MINDBODY app

**AB BLAST:** A short class focusing specifically on core strength & conditioning

**BOX FIT:** High intensity class with a boxing focus. Ideal for improving strength, endurance, cardio output and weight loss. Boxing Inners needed for share gloves (\$5). Own gloves/pads recommended.

**CIRCUIT:** A mixture of cardio and resistance designed to tackle your whole body whilst keeping your heart rate to a maximum.

**FLOW:** A combination of Pilates and yoga principles designed to increase your flexibility and strengthen your core

**HIIT:** High Intensity Interval Training using various equipment, training methods and timings

**LBT: Legs, Bums & Tums-** A low intensity class focused around toning and strengthening your legs, bottom & stomach. Feel the burn!

**RAVE RIDE:** The ultimate spin class experience. Workout to music in the dark so its just you and the bike in this amazing fun filled, sweat dripping class! An unforgettable training experience. Door is locked on start time!

**STRENGTH & TONE:** Dumbbells, Barbells, Kettlebells, lifts, curls and more. Strengthen your entire body with this awesome class.

**SUPER SATURDAY:** Super High intensity class that can involve anything and everything indoors or outdoors. Toughest session of the week.

**TABATA:** A Highly fatiguing workout featuring cardio & weights stations which last 4 minutes each.

**YOGA:** Designed to increase core stability & flexibility & introduce you to basic yoga poses. Meditation and breathing included

Online Classes are run via a private Facebook group. Sessions are viewable for 7 days. Contact us for more info and for acceptance into this group.

@ East Fremantle Football Club, Moss St, East Fremantle



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