



GROUP FITNESS TIMETABLE

www.young4life.com.au

Unlimited
Group Fitness
Classes
JUST \$24.95
per week!

As of August 2020

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

ONLINE CLASSES



Online Classes are run via MINDBODY. Sessions are viewable for 7 days (Monday-Sunday). Group Fitness Membership needed to access these classes.

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

Book via MINDBODY app

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

@ East Fremantle Football Club, Moss St, East Fremantle



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