



GROUP FITNESS TIMETABLE

www.young4life.com.au

Unlimited
Group Fitness
Classes
JUST \$24.95
per week!

As of November 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	
			BOX FIT GF studio #2 45 mins		BOX FIT GF studio #2 45 mins	
6am		Tabata GF Studio #1 30mins		HIIT GF Studio #1 30mins		
6.15am	Circuit GF Studio #1 45mins		Strength & Tone GF studio #1 45 mins		Strength & Tone GF studio #1 45mins	
			BOX FIT GF studio #2 45 mins		BOX FIT GF studio #2 45 mins	
6.30am		AB Blast GF Studio #1 20mins		Legs, Bums, Tums GF Studio #1 30mins		
7am	Circuit GF Studio #1 45mins		Strength & Tone GF studio #1 45 mins		Strength & Tone GF studio #1 45 mins	
8am						Super Saturday PT Studio (60 mins)
9.30am	Legs, Bums, Tums GF Studio #1 30mins		Circuit GF Studio #1 45mins		Strength & Tone GF studio #1 45 mins	
5.30pm		HIIT GF Studio #1 30mins		Tabata GF Studio #1 30mins		
6pm	Strength & Tone GF studio #1 45mins	AB Blast GF Studio #1 20mins	Circuit GF Studio #1 45mins	AB Blast GF Studio #1 20mins		
6.30pm		Yoga GF Studio #1 60mins		FLOW GF Studio #1 30mins		

ONLINE CLASSES

Strength & Tone	HIIT	Legs, Bums, Tums	Circuit	Tabata	AB Blast
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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

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!

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

Book via  MINDBODY app

@ East Fremantle Football Club, Moss St, East Fremantle



0422 781 317



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