



GROUP FITNESS TIMETABLE

www.young4life.com.au

*RAVE
ZONE*

As of May 2021

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		
	<i>RAVE RIDE</i> Rave Zone 45 mins	<i>RAVE X</i> Rave Zone 30 mins	<i>RAVE RIDE</i> Rave Zone 45 mins	<i>RAVE X</i> Rave Zone 30 mins	<i>RAVE RIDE</i> Rave Zone 45 mins	
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			Strength & Tone GF studio #1 45 mins		Strength & Tone GF studio #1 45 mins	<i>RAVE RIDE</i> Rave Zone 45 mins
8am						Super Saturday PT Studio (60 mins)
						<i>RAVE X</i> Rave Zone 30 mins
9am	<i>RAVE X</i> Rave Zone 30 mins	BOX FIT GF studio #1 45 mins	Circuit GF Studio #1 45mins	<i>RAVE RIDE</i> Rave Zone 45 mins	Strength & Tone GF studio #1 45 mins	
5.30pm		HIIT GF Studio #1 30mins		Tabata GF Studio #1 30mins	<i>RAVE X</i> Rave Zone 30 mins	
6pm	Strength & Tone GF studio #1 45mins	AB Blast GF Studio #1 20mins	Circuit GF Studio #1 45mins	AB Blast GF Studio #1 20mins		
	<i>RAVE RIDE</i> Rave Zone 45 mins	<i>RAVE X</i> Rave Zone 30 mins	<i>RAVE RIDE</i> Rave Zone 45 mins			
6.30pm		Yoga GF Studio #1 60mins		FLOW GF Studio #1 30mins		

ONLINE CLASSES

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

Access all *RAVE ZONE* & Group Fitness Classes
for JUST \$24.95 per week!

Book via MINDBODY app

Pre exercise screening required prior to starting

@ East Fremantle Football Club, Moss St, East Fremantle



0422 781 317



/young4lifefitness



@young4lifefitness



GROUP FITNESS TIMETABLE

www.young4life.com.au

*RAVE
ZONE*

GROUP FITNESS CLASS DESCRIPTIONS

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! Booty band needed. Bands available for \$5 in class

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

Available on demand via MINDBODY. Group Fitness Membership needed to access these classes

RAVE ZONE

We have taken this concept found in some of the hottest European studios and made it our own unforgettable workout experience right here in Perth. Rock out to music in the dark with jaw dropping beats and inspiring instructors.

RAVE ZONE CLASS DESCRIPTIONS

RAVE RIDE is the ultimate spin class experience. 45 minute, sweat dripping class! Immerse yourself in the energy around you as you become one with the bike.

RAVE X is a high energy, low impact 30 minute cross training class involving bike and weights to maximise fatigue and accelerate gains.

Book via  MINDBODY app

Pre class screening required prior to attending classes

Email admin@young4life.com.au to secure your pre class screening.

@ East Fremantle Football Club, Moss St, East Fremantle



0422 781 317



/young4lifefitness



@young4lifefitness