

GROUP FITNESS TIMETABLE

TIME	MON	TUES	WED	THUR	FRI	SAT
7.05am						CIRCUIT BOXING
8.30am	STEP RESULTS	BODY BLAST	ABT	CXT / STEP	FIRMBODY	
9.00am						
9.30am	FIRMBODY	YOGA	STEP RESULTS & SHAPE	FIRMBODY	STEP RESULTS	
10.30am	PILATES		YOGA		YOGA	
5.30pm	BODY BLAST					
6.00pm		STEP RESULTS	20/20/20	FIRMBODY		
6.30pm	CIRCUIT BOXING					
7.00pm				YOGA		
7.30pm	YOGA					

FIRMBODY:

Motivating weight resistance class for shape and tone.

CXT / STEP:

A fun class using step box - great workout, suitable for all levels.

20/20/20:

A combination of 20mins aerobics, 20mins step and 20mins Abs, Butts, Thighs. Suitable for all levels.

STEP RESULTS & SHAPE:

A combination of basic step & firmbody.

ABT:

A great non-impact workout, specifically for abs, butt & thighs. Suitable for all levels.

YOGA:

A mind, body & soul connection that can bring your body back to balance, increasing strength and improving flexibility. For hygienic & safety reasons please bring your own mat.

STEP RESULTS:

Effective step workout, great for butts, thighs & fat burning.

PILATES:

A balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles. Suitable for all levels.

CIRCUIT BOXING:

Medium - High impact for body toning. Suitable for all levels, beginners welcome.

BODY BLAST:

An intense calorie burning, interval style workout. Suitable for all levels, beginners welcome.

OPEN 7 DAYS

Monday to Thursday ... 6.00am to 8.30pm

Friday 6.00am to 8.00pm

Saturday 7.00am to 5.00pm

Sunday 10.00am to 2.00pm

Personal Training & Nutrition Consultations

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