

# GROUP FITNESS TIMETABLE

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

**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

10 Classic Way, Treetops, Burleigh Waters, Qld 4220

Phone / Fax: (07) 5593 7776 Email: [info@globegym.com.au](mailto:info@globegym.com.au)

[www.globegym.com.au](http://www.globegym.com.au)