PLUS FITNESS

MENAI, SUTHERLAND, ENGADINE & CARINGBAH

CLASS TIMETABLE

UNLIMITED CLASSES INCLUDED IN YOUR MEMBERSHIP

	MON	TUE	WED	THURS	FRI
8:30 AM	H.I.I.T (MENAI)	H.I.I.T (MENAI)			
8:45 AM		S&C (CARINGBAH)			
9:30 AM					
12:00 PM		S&C (SUTHERLAND)			
12:30 PM	ZONE (SUTHERLAND)		ZONE (SUTHERLAND)	BOXING (SUTHERLAND)	
6:30 PM				S&C (MENAI)	

H.I.I.T	A full body workout that involves alternating short bursts of high intensity exercise, followed by a low intensity recovery period.
CORE	A class dedicated to bringing your best six-pack! Target your core in a variety of ways and teach you that crunches aren't the only way to achieve a strong core.
ZONE	A fun and energetic cardio class that mixes up cardio equipment, bodyweight exercises, and time-based challenges to keep you moving and motivated.
S&C	Strength and Conditioning: A full body workout that combines resistance training and functional exercises to build strength, power, and endurance.