

It's Her Gym

TRAINING DIARY

OCTOBER/
NOVEMBER '19

MONDAY

FAST FEET HIIT

The ONLY way to get into your training week, FAST FEET HIIT will have your metabolism pumping, your heart racing and will challenge your agility as well.

WEIGHT TRAINING
CIRCUIT AVAILABLE
ALL DAY

TUESDAY

BODYWORX

BODYWORX is a full body strength and toning workout.

Aesthetically and long term health-wise, weight training is an essential part of every woman's training routine.

FOUNDATIONS RUNNING
TRAINING 5.30PM \$5 FEE
GUESTS WELCOME
WEIGHT TRAINING CIRCUIT
AVAILABLE ALL DAY

WEDNESDAY

SPARTAN!

Spartan training is where you only use one piece of equipment - YOU. Can't do a pushup? You'll learn. Core-strength need some work? Flexibility and endurance a problem? Spartan training addresses it all.

MIXED TABATA SESSION
6.40PM

WEIGHT TRAINING CIRCUIT
AVAILABLE ALL DAY

THURSDAY

BODYWORX

BODYWORX is a full body strength and toning workout.

If you missed Tuesday or just love this type of training, we're doubling up... xx

WEIGHT TRAINING
CIRCUIT AVAILABLE
ALL DAY

FRIDAY

FAST 30

FAST 30 incorporates XFIT elements with FUNCTIONAL FITNESS.

It's guaranteed to send you into the weekend on a high. Short, sharp and to the point.

WEIGHT TRAINING
CIRCUIT AVAILABLE
ALL DAY

SATURDAY

SUPER SATURDAY!

7AM : MEGAFIT

8AM: SCULPT

9AM: SCULPT

10-12NOON: OPEN GYM
OR FAST FEET HIIT.

SUNDAY

FOUNDATIONS RUNNING TRAINING 8.30AM

\$5 FEE
GUESTS
WELCOME

NOTES

WHEN WE HUSTLE:

MONDAY - THURSDAY
6AM - 7.30PM

FRIDAY 6AM - 7PM

SATURDAY 7AM - 12
NOON.

CASUALS WELCOME -
\$12 PER SESSION.