

GROUP FITNESS STUDIO TIMETABLE

TIME	DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM		HIIT		HIIT				
10:15 AM			 PILATES					

FITNESS CLASSES

CLASS	LENGTH	DESCRIPTION
HIIT	45 mins	This circuit based HIIT class caters to all fitness levels, utilising a combination of cardio & strength moves to reach maximum fat burning capacity.
 PILATES	45 mins	Pilates is a 45 minute class which focuses on the body's core. This class will help to improve abdominal and back strength as well as stamina. It promotes the relaxation of the muscles to help improve and maintain flexibility and posture. It is suitable for all levels.

**5 DAY
FREE
PASS**

Not currently training with us? Click below to reserve your **5 DAY FREE PASS**, allowing you to experience training with us at Advance Fitness first hand. This is a great opportunity to see if you will love training at our gym as much as we think you will!

**GROUP FITNESS CLASSES OFFER A HIGH ENERGY,
MOTIVATING WAY TO GET INTO THE BEST SHAPE OF YOUR LIFE.**

**CLICK NOW TO CLAIM
YOUR 5 DAY FREE PASS!**

