

SGT TIMETABLE

EFFECTIVE NOV 2018

MON - FRI: 5AM - 8PM
 SAT: 7AM - 3PM
 SUN: 7AM - 1PM
 PUBLIC HOLIDAYS: 7AM - 12PM

S M A L L G R O U P T R A I N I N G

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:05AM	Strength WOD		Strength WOD		Strength WOD		
5:30AM		Mobility		Mobility			
6:00AM	Strength WOD		Strength WOD		Strength WOD		
9:00AM		Express 30min		Express 30min			
9:30AM	Strength WOD		Strength WOD		Strength WOD		

STRENGTH / WOD

It takes Skill to understand the mechanics of lifting; we make sure you are ready and prepared to Lift. We lift predominantly to increase one's Strength! Without strength, we find it hard to stabilize joints and enhance movement. This is the Core of our sessions. Understanding basic movements and lifts should be second to none. But we know not everyone is equal, so we try and balance the playing field. We lift to not necessarily get big or to look big, but to strengthen muscles and joints to enhance our movement and physical health. All strength sessions are 45-60 minutes in length with members typically arriving 5 minutes early to work through their individual mobility needs prior to the session.

EXPRESS

If you cannot commit to a full training session, then this 30-minute High Intensity session (with Low Impact options) is for you. Our HITT (High Intensity Interval) sessions are designed to suit someone that is low on time and needs to get a good sweat. Each session is planned and varied so members can expect to do full body workouts around different training principles each time. These Express sessions compliment the strength sessions and we highly recommend that both are incorporated into your weekly training routine. Motivation without direction is a waste of one's time.

MOBILITY

Need or Want more Mobility/Stability, Regressed and Progressive Body Weight movements? Then this 45-minute session is for you. Each session has been designed to compliment our timetable by incorporating gymnastics moves, stability, stretching and mobility to enhance our movement. We will ensure that your body and mind stay fresh and your Health and Fitness performance levels are high.

BOOKINGS ESSENTIAL FOR ALL SESSIONS!

