

# SGT TIMETABLE

EFFECTIVE MAR 18<sup>th</sup> 2019

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
5:30AM	Strength	5:30 - 6.15am Mobility	Strength	5:15 - 6:15am Posture	Strength		
6.00AM	Express Conditioning	6:15 - 7am Kickboxing	Express Conditioning		Express Conditioning		
8:00AM						Mystery WOD	
9:00AM				Express Conditioning			
9:30AM	Strength	Strength	Strength		Strength		
10:00AM	Express Conditioning	Express Conditioning	Express Conditioning		Express Conditioning		
5:45PM			Strength				
6:15PM			Express Conditioning				

## STRENGTH

Strength is the most fundamental attribute we need to live a longer, better quality of life. By emulating daily movement patterns with added resistance, we create a better quality of life, living longer and stronger. Classes run for 30 minutes with members arriving 10-15 minutes early to work through their individual warm up.

## EXPRESS

30 minutes of high intensity training 2-3 times a week is all we need to increase our cardiorespiratory fitness and burn that extra, unwanted body fat. Express is perfect as our coaches program our high intensity sessions for all forms of fitness levels. There are always low impact options so members can perform any exercise safely, avoiding injury, however still getting a good workout.

## POSTURE, STRENGTH & CORE

Any persistent or nagging injuries that have been causing you pain for a prolonged period of time? Come to our one hour long Posture, Strength and Core class and learn the correct mechanics of the body, to eliminate/reduce the potential for injury with plenty of release and activation exercises.

## MOBILITY

Sometimes we need to take a break from putting the body through the stresses of heavy lifting and/or conditioning and work on the mobility and stability of our muscles and joints. Our 45 minute mobility class uses bodyweight plus light resistance to create better flexibility, mobility and stability in our muscles and joints.

## KICKBOXING

Similar to boxing with added kicking and Brazilian Ju Jitsu styled martial arts. This 45 minute class is guaranteed to have you walking out with a good sweat and sense of accomplishment.

## MYSTERY WORKOUT

Every Saturday for one hour you will get a mystery coach delivering a mystery workout in a mystery location. Perfect to mix things up on a Saturday and kick-start your weekend.

