

**BOOKINGS  
ESSENTIAL!**

See reception for  
bookings &  
payment

# SGT TIMETABLE

EFFECTIVE JUNE 3<sup>rd</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                | Posture                | Strength                | 5:15 - 6:15am<br>Posture     | Strength                |             |     |
| 6:00AM  | Express<br>Conditioning |                        | Express<br>Conditioning |                              | Express<br>Conditioning |             |     |
| 8:00AM  |                         |                        |                         |                              |                         | Mystery WOD |     |
| 9:00AM  |                         |                        |                         |                              |                         |             |     |
| 9:30AM  | Strength                | Mobility &<br>Movement | Strength                | 10:30am<br>Mobility & Movemt | Strength                |             |     |
| 10:00AM | Express<br>Conditioning |                        | Express<br>Conditioning |                              | Express<br>Conditioning |             |     |
| 5:45PM  |                         |                        | Strength                |                              |                         |             |     |
| 6:15PM  |                         |                        | Express<br>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 & 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 & MOVEMENT

The Mobility and Movement class will help you develop strength at your end range of motion. Opening and strengthening your shoulders, hips and spine through a combination of weighted and bodyweight movements where the aim is to develop a more resilient body.

## MYSTERY WORKOUT

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