



SMALL GROUP TRAINING TIMETABLE

EFFECTIVE 5th APRIL 2021

BOOKINGS ESSENTIAL

See reception for
bookings &
payment

Monday - Friday: 5am - 8pm
Saturday - Sunday: 7am - 3pm
Public Holidays: 7am - 3pm

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

MON

TUE

WED

THUR

FRI

5:30AM

Strength &
Conditioning

Stability

Strength &
Conditioning

Stability

Strength &
Conditioning

9:30AM

Strength &
Conditioning

Stick
Mobility

Strength &
Conditioning

Stability

Strength &
Conditioning

4:30PM

Strength &
Conditioning

Strength &
Conditioning

Stability

STRENGTH & CONDITIONING

A core strength and conditioning program is the foundation to every body. Understanding basic movements and lifts should be second to none. All Strength and Conditioning classes commence with Mobility exercises, Strength/Lifting Training and finally the High Intensity Conditioning. All classes are programmed and delivered by our highly skilled coaches.

*Individual Movement Assessment required by Peak Body Coach prior to undertaking Strength and Conditioning classes

STABILITY

This class is a great addition to any exercise regimen. Focusing on the mechanics of stability - feel your strength improve significantly through better movement control, increased mobility, reduced joint stress and greater energy efficiency during training.

STICK MOBILITY

A revolutionary new training system that uses flexible mobility sticks to help you move better and take your mobility and movement to the next level.