



Shop 1001 Australia Fair West Southport phone (07)55311101

Operating Hours: MON-THURS: 6am-8:30pm, FRI: 6am-8pm, SAT: 7am-5pm, SUN: 12-5pm

GLOBE HEALTH CLUB – CLASS TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am					
7.00am					
8.30am					
9.30am					
12.15pm					
5.15pm		STRIKE	ZUMBA	CORE	
6.15pm	CYCLE 60	ZUMBA		CYCLE 60	
7.15pm	CORE			YOGA	

PLEASE BOOK AT RECEPTION FOR CYCLE CLASSES

YOGA – ‘Hatha’ style known for its ability to heal and bring peace of mind while stretching & toning.
CIRCUIT MIX – A mixture of exercises used in a mind blowing 30min workout including body weight, weights & spin bike used to

reshape & strengthen your core stability. With the use of cardio and anerobic movements

CYCLE 60 – No coordination required. A motivational stationary cycle workout placing demand on the cardiovascular system & lower body. The ultimate calorie burner!

ZUMBA– Low impact, high cardio, Latin infused movements that’s fun and motivational!
(Included in Gold M'Ship)

CORE- Core strengthening abs, tightening and toning butts and thighs, low impact cardio moves that lifts tones and strengthens

STRIKE - combination of Taekwondo moves and shadow boxing, using form and technique to strengthen core muscles, tone and tighten. Fun and motivating, get ready for results!!!!