

GLOBE HEALTH CLUB - CLASS TIMETABLE

Shop 1001 Australia Fair West Southport Ph: 5531 1101

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

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|-----------|-----------|-----------------|-----------|---------|
| 7:00 am | | SPINNING* | | | |
| 9:30 am | | | ABT | | |
| 12:15pm | | | SPIN 30* | CIRCUIT | |
| 5:00 pm | | | BOXING | | |
| 6:00 pm | SPINNING* | PILATES | BRAZILAIN DANCE | SPINNING* | YOGA |
| 7.00 pm | BOXING | YOGA | KUNG FU | YOGA | KUNG FU |

ABT – A sculpting class for the abdominals, buttocks & thighs. It hits the spot!

YOGA – ‘Hatha’ style known for its ability to heal and bring peace of mind while stretching & toning.

CIRCUIT – A mixture of exercises used in a mind blowing 30min workout including body weight, weights & pilates used to reshape & strengthen your core stability.

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

PILATES – A non impact class conditioning your core strength while improving your posture, flexibility and endurance.

BOXING – A fun and challenging way to gain fitness, self defense and basic boxing skills.

KUNG FU – Improve your speed & co-ordination while learning combat moves.

BRAZILIAN DANCE – Brazilian dance class full of life, energy & hip shaking fun!

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