

Group exercise class timetable

TIME	MON	TUES	WED	THU	FRI	SAT
6:00am		EPPING Mix it up!	WEST PENNANT HILLS Mix it up!	EPPING Boxing	EPPING Mix It Up!	
6:30am						WEST PENNANT HILLS Mix it up!
7:00am				WEST PENNANT HILLS Mix it up!		
7:15am			WEST PENNANT HILLS Mix it up!			
9:15am	EPPING Mix it up!					
6:00pm	WEST PENNANT HILLS Mix it up!		WEST PENNANT HILLS Mix it up!			
7:15pm	MARSFIELD Mix it up!					

- * Class timetable is current as from 3 April 2018
- * All classes are conducted outdoors. When raining they will be conducted undercover.
- * All participants are required to bring a towel and a water bottle to every class.
- * All classes run for 60 mins

LOCATIONS

EPPING - Epping Oval, Norfolk Road
WEST PENNANT HILLS - George Thornton Reserve, View Street
MARSFIELD - Waterloo Oval, Waterloo Road

CLASS DESCRIPTIONS

Mix it up!

Classes are a mixture of cardio, strength and core so you get a great total body workout. We use a variety of equipment - boxing gear, medicine balls, weights, resistance bands and steps. Each workout is different so you never get bored. Classes are suited to all fitness levels from 16 to 60 so you can work at your own pace! Our fitness coaches are trained to design a program that suits the fitness levels and the ages of the class attendees.

Boxing

Our boxing classes are for those people who really enjoy boxing. We mix it up with some, strength work, cardio and core. Suits all fitness levels and ages.