



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	METCON	STRENGTH	METCON	STRENGTH	METCON		
8.00am						METCON	
8.45am						METCON	
9.00am							STRENGTH
9.30am	METCON	KETTLEBELL	METCON	KETTLEBELL	METCON	STRENGTH	
10.15am						LADIES	
11.00am	LADIES						
5.45pm	METCON		STRENGTH	METCON			
6.30pm	STRENGTH	STRENGTH	METCON	STRENGTH			

CLASS DESCRIPTIONS

All classes are 45mins unless otherwise stated.

STRENGTH

Combining weight training and metabolic conditioning to improve your strength and enhance your performance - teaching you how to move more efficiently and perform better both in training and everyday life. Classes will include mobility, strength and a metabolic conditioning workout to help build and maintain lean muscle, and increase strength, metabolism and overall fitness levels.

LADIES

Exclusive to ladies, PZ Ladies combines weight training and metabolic conditioning to improve your strength and enhance your performance - teaching you how to move more efficiently and perform better both in training and everyday life. Classes will include mobility, strength and a metabolic conditioning workout to help build and maintain lean muscle, and increase strength, metabolism and overall fitness levels.

METCON

The ultimate combination of functional training and high intensity interval training, delivered in an explosive 45 minutes workout that combines functional movements and techniques.

KETTLEBELL

A demanding whole body workout using the kettlebell in a variety of dynamic movements to build strength, stamina and improve flexibility and joint strength.