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WG30
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STAFFED HOURS	5am - 8pm	5am - 8pm	5am - 8pm	5am - 8pm	5am - 6.30pm	7am - 4pm	7am - 4pm
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	HIIT	HISS	HIIT	STRENGTH	HISS		
7:30 AM						HIIT	MAF
9.00am	HIIT	STRENGTH	HISS	HIIT	STRENGTH		
10:00 AM	STRENGTH	MAF	STRENGTH	HISS	HIIT		
4:00 PM							
4:30 PM		HIIT	HISS				
4:45 PM							
5:30 PM		STRENGTH	HIIT	STRENGTH			
6:15 PM							

Class Descriptions:

HIIT: High Intensity Interval Training involves pushing the body well out of it's comfort zone. You'll be working 80-90% intensity to maximise both aerobic and anaerobic performance.

HISS: High Intensity Steady State involves exercising at a constant intensity for 45 minutes. Not to be confused with HIIT, HISS uses medicine balls, assault bikes, dumbbells and body weight to name a few in this all over body shredding workout.

MAF: Will increase your overall fitness and recovery. MAF will build your aerobic base so your body will utilise both energy systems and burn stubborn belly fat. In this class your coach will be monitoring your energy systems.

STRENGTH: Using heavy weights will increase your level of stamina, strength and overall fitness. Using maximal loads for compound and mult-joint movement this class will elevate specific hormones for overall health and recovery.

Timetable effective 1st September, 2023.

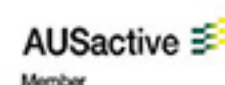
ALL WG30 CLASSES ARE 45 MINUTES

Bring a towel and water bottle to your class.

When using the booking system, unbook if you cannot make a class.

WG30 Platinum Memberships are non-transferrable.

Enquires: sharon@co.worldgym.com.au



SCAN THE QR CODE and book into your next class today. Bookings are ESSENTIAL

<https://worldgym-bundaberg.yepbooking.com.au/>

