

KAWANA

FIRST 3 CLASSES FREE FOR ALL NEW CLIENTS TO *hiit.* STATION

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:00am	Strength / Muay Thai	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength		Closed
6:00am	Strength / Muay Thai	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength		
6:30am						Strength / Muay Thai	
7:30am						Strength / Muay Thai	
9:30am	Strength / Muay Thai	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength		
12pm-4pm				Closed			
5:00pm	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength		Closed	
5:30pm					MUAY THAI		
6:00pm	Beginners Strength Technique		Beginners Muay Thai Technique				
6:30pm	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength			

Strength & Conditioning: Completed in a number of timed stations utilising weights and plyometric movements
Muay Thai Fitness: Muay Thai / Kickboxing fitness combining body weight exercises and pad work
Beginners Muay Thai: 30min class designed to break down the technique to pad holding & combos
Beginners Strength Technique: 30min class focusing on correct form and technique when executing strength exercises



CHILDMINDING
Available during 9:30am classes



BOOKINGS REQUIRED
For classes



8 WEEK CHALLENGES
Available



PERSONAL TRAINERS
Available



OPEN GYM HOURS

Available 7am-9am,
10:30am-12pm, 4pm-5pm