

WOOLLOONGABBA

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

	MON	TUE	WED	THUR	FRI	SAT	SUN
4:50am	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		
6:20am						Strength / Muay Thai	
7:30am						Strength / Muay Thai	
9:30am	Strength / Muay Thai	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength	Closed	
5:00pm	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength			
5:30pm					MUAY THAI		
6:00pm	Beginners Strength Technique	Beginners Muay Thai					
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

PROGRAMS

Available



PERSONAL

TRAINERS

Available