

# NAMBOUR

**FIRST 3 CLASSES FREE FOR ALL NEW CLIENTS TO**



	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						HIIT Harder	
9:30am	Strength / Muay Thai	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength	Closed	
4:00pm	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength			
5:00pm	Beginners Strength Technique	Beginners Muay Thai					
5:30pm	Full Strength	MUAY THAI	Strength / Muay Thai	Full Strength	Strength / Muay Thai		

**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

**HIIT Harder:** A fast-paced, high intensity STRENGTH workout-of-the-week (WOW) designed to push your fitness and strength threshold



**CHILDMINDING**  
Available during  
9:30am classes



**BOOKINGS  
REQUIRED**  
For classes



**8 WEEK  
CHALLENGES**  
Available



**PERSONAL  
TRAINERS**  
Available