

# Fitness Success – Group Training Timetable

| Mon                                  | Tue                                 | Wed                               | Thur                                   | Fri                                | Sat                                         |
|--------------------------------------|-------------------------------------|-----------------------------------|----------------------------------------|------------------------------------|---------------------------------------------|
| 6AM<br>Bootcamp<br>DEB               |                                     |                                   |                                        | 6AM<br>MORNING<br>MADNESS<br>RYAN  |                                             |
|                                      | 7.30AM<br>CARDIO<br>WEIGHTS<br>KATE |                                   | 7.30AM<br>FAB ABS<br>DANI              |                                    | 8.30AM<br>PERSONAL<br>BEST<br>GROUP<br>RYAN |
| 9AM<br>SPIN / BOX<br>RYAN            | 9AM<br>BOOT CAMP<br>BRENTON         | 10AM<br>CARDIO<br>WEIGHTS<br>RYAN | 10:30AM<br>OVER 50'S<br>MICHELLE       | 10AM<br>CARDIO<br>WEIGHTS<br>JAMES | 8.30AM<br>SPIN<br>KATE                      |
|                                      |                                     |                                   |                                        |                                    | 9.30AM<br>CARDIO<br>WEIGHTS<br>KATE         |
|                                      | 4.30PM<br>FIGHTING<br>FIT<br>RYAN   |                                   | 5PM<br>BOOT CAMP<br>BRENTON            |                                    |                                             |
| 6PM<br>FIGHTING<br>FIT<br>CALLUM     | 6PM<br>CARDIO<br>SUICIDE<br>BRENTON |                                   | 6PM<br>CARDIO<br>SUICIDE<br>BRENTON    |                                    |                                             |
| 7PM<br>SPIN/BOX<br>CALLUM            | 7pm<br>FIGHTING<br>FIT<br>BRENTON   | 7pm<br>CARDIO<br>SUICIDE<br>JAMES | 7PM<br>CARDIO<br>WEIGHTS<br>MICHELLE   |                                    |                                             |
| 8PM<br>CARDIO<br>WEIGHTS<br>MICHELLE |                                     | 8PM<br>NIGHT<br>MOVES<br>DEB      | 7PM & 8PM<br><u>PILATES</u><br>BRENTON |                                    |                                             |

All group sessions run for 1 hour.

**FAB ABS** = 40 mins cardio followed by 15 mins of ab and core work

**FIGHTING FIT** = A fun mix of cardio, weights and boxing

**SPIN** = 50 min session on the bikes

**CARDIO SUICIDE** = Focused on increasing cardio vascular capacity

**PERSONAL BEST GROUP** = Like a 1on1 wrapped in a group, where you will work on your specific goals over a set time.

**CARDIO WEIGHTS** = An even mix of both

**BOOT CAMP** = A challenging mix of cardio and weights with an authoritarian feel.

**MORNING MADNESS & NIGHT MOVES** = Anything and Everything

Fitness Success is now proudly part of Eco Right.....

“ For every ONE tree harvested, THREE are  
planted.”...Check out the website

[www.ecoright.com.au](http://www.ecoright.com.au)