

# timetable

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## Gym Hours

**Monday – Thursday** 6am – 10am & 2pm – 7.30pm

**Friday** 6am – 10am & 2pm – 6.30pm

**Saturday** 7am – 10am    **Sunday** Closed

## Class timetable

TIME	MON	TUE	WED	THU	FRI	SAT
6.00 AM	Complete Body	HIIT	Complete Body	Core +	Complete body*	
7.30 AM						Complete body
9.00 AM	Boxing*		Complete Body*		HIIT	
4.30 PM		Complete Body		Boxing		
5.30 PM	HIIT	Complete body*	Boxing	Complete Body		

**The fun & easy way to get a great body!**

**Class duration: 45 mins, mats, towels & water supplied**

**Complete Body** – Our most popular class is a full body routine that guarantees an ultimate workout. With a different focus in each class you will be sure to get a massive variety in training styles and exercises. No two classes are the same!

**HIIT** – High Intensity Interval Training is a quick and explosive class that will push you each and every session.

**Core+** – Working essential core muscles to give your body the solid foundations it needs and assist with preventing injury. Combined with stretching, the benefits are endless.

**Boxing** – High energy, fun, social class which is great to set you up for the day or for punching away the day's frustrations.

*\*Classes suitable for beginners*

*All classes are tailored to suit and challenge all abilities in a fun environment.*