

GYM HQ TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>747 Box Hiit 9:30am - 10:15am</p> <hr/> <p>747 Learn to Lift Strength 5:15pm - 6:00pm</p> <p>747 Strength & Conditioning 6:00pm - 6:45pm</p> <p>747 Athletes Strength & Conditioning 7:00pm - 7:45pm</p> <p>747 Box 8:00pm - 8:45pm</p>	<p>747 Box 6:00am - 6:45am</p> <hr/> <p>747 BOX HIIT 09:30am - 10:15am</p> <hr/> <p>747 Learn to Lift Strength 5:15pm - 6:00pm</p> <p>747 Box Fit & Core 6:00pm - 6:45pm</p> <p>747 H.I.I.T 6:00pm - 6:45pm</p> <p>747 Athletes Strength & Conditioning 7:00pm - 7:45pm</p> <p>747 Kickbox 8:00pm - 8:45pm</p> <p>747 Striking Sparring & Drills 8:00pm - 8:45pm</p>	<p>747 Strength & Conditioning 6:00am - 6:45am</p> <hr/> <p>747 Learn to Lift Strength 5:15pm - 6:00pm</p> <p>747 Strength & Conditioning 6:00pm - 6:45pm</p> <p>747 Conditioning 7:00pm - 7:45pm</p> <p>747 Kickbox 8:00pm - 8:45pm</p>	<p>747 H.I.I.T 6:00am - 6:45am</p> <hr/> <p>747 Box Hiit 9:30am - 10:15am</p> <hr/> <p>747 Learn to Lift Strength 5:15pm - 6:00pm</p> <p>747 Box Fit & Core 6:00pm - 6:45pm</p> <p>747 H.I.I.T 6:00pm - 6:45pm</p> <p>747 Conditioning 7:00pm - 7:45pm</p> <p>747 Box 8:00pm - 8:45pm</p> <p>747 Striking Sparring & Drills 8:00pm - 8:45pm</p>	<p>747 Strength 6:00am - 6:45am</p> <hr/> <p>747 Box 6:00pm - 6:45pm</p> <p>747 Bootcamp 7:00pm - 7:45pm</p>	<p>747 Yoga 9:00am - 9:45am</p> <p>747 Strength & Conditioning 10:00am - 10:45am</p> <p>747 Box 10:00am - 10:45am</p> <p>747 Kickbox 11:00am - 11:45am</p>

Strict hygiene protocols apply

• Sanitiser provided • Bring your own towel

34 Hutton Street, Dandenong Classes start **Saturday 30th October**

Msg or call Kosta on 0401 758 503 to secure your spot & for further info

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747 STRENGTH & CONDITIONING



Designed to help shed excess fat while building strength and endurance. This class will push your body to the limit, testing your strength, power and flexibility while aiming to prevent future injuries.

747 H.I.I.T



A short and intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity low impact workout is scientifically proven to return rapid results.

747 LEARN TO LIFT STRENGTH



An individual based strength class which aims to make you stronger and more powerful. You will learn to perform exercises suited to your body movement, without getting injured or feeling pain.

747 ATHLETE STRENGTH & CONDITIONING



For any athlete, at any level, in any sport that is looking to improve their physical performance. This class aims to improve your speed, strength, power, endurance, mobility and flexibility.

747 CONDITIONING



Challenging conditioning training using weights, barbells, TRX, boxing, kickboxing and your own body weight define, develop and tone your body in a 45 minute express class.

747 BOX HIIT



Box HIIT will be a mix between boxing training & HIIT (High intensity interval training). It will teach participants basic boxing skills & techniques to help boost strength, coordination and cardio endurance, while the HIIT component of the session is designed to burn fat & build lean muscle. Box HIIT training will force your body to use energy from fat as opposed to carbs- this will make losing fat more efficient

747 BOX



The 747 outdoor boxing class focuses on technique & cardio making it a top pick for individuals who seek to improve their fitness & sculpt their physique. In the outdoor class it will consist of pad work drills, partner drills, footwork drills & core work.

747 KICKBOX



Learn striking techniques while developing balance, coordination, rhythm, speed and power. This class provides an excellent cardiovascular workout, promoting fitness, muscle toning and weight loss.

747 YOGA



Many studies have proven the mental and physical benefits of yoga. Incorporating a class into your routine can help enhance your health, increase strength and flexibility as well as reduce symptoms of stress, depression and anxiety.

747 STRIKING SPARRING & DRILLS



Using proper safety equipment, not only will you burn calories during sparring & advanced technique drills, you'll also get accustomed to reacting to strikes, learning how to defend yourself and tracking a moving target simultaneously.

747 BOOTCAMP



Work at your own pace as your instructor takes you through a series of strength training and cardio full body movements. Be prepared to sweat and for your muscles to burn. Feel strong, powerful and accomplished leaving the 747 bootcamp class! 747 will be using the 747 bootcamp sessions to prepare for obstacle courses such as spartan race and tough mudder.

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