















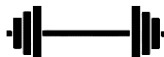


<p>Monday</p>	<p>6.00am Cardio Greenwich Reserve, Newport</p> 	<p>9.30am FITBall Greenwich Reserve, Newport</p> 	<p>6.30pm HiIT Greenwich Reserve, Newport</p> 
<p>Tuesday</p>	<p>6.00am BoxFIT Greenwich Reserve, Newport</p> 	<p>9.30am Flex & Flow Greenwich Reserve, Newport</p> 	<p>6.15pm Cardio Robertson Reserve</p> 
<p>Wednesday</p>	<p>6.00am & 7.15am Strength & Toning Greenwich Reserve, Newport</p> 	<p>9.30am BoxFIT Greenwich Reserve, Newport</p> 	<p>6.30pm Strength & Toning Greenwich Reserve, Newport</p> 
<p>Thursday</p>	<p>6.00am Cardio Greenwich Reserve, Newport</p> 	<p>9.30am Strength & Toning Greenwich Reserve, Newport</p> 	<p>6.30pm BoxFIT ZOOM SESSION</p> 
<p>Friday</p>	<p>6.00am FITBall Greenwich Reserve, Newport</p> 	<p>9.30am HiIT Greenwich Reserve, Newport</p> 	
<p>Saturday</p>	<p>6.45am HiIT Willi North Primary School</p> 	<p>8.00am Strength & Toning Willi North Primary School</p> 	<p>9.15am Strength & Toning Willi North Primary School</p> 

Sessions



Cardio

Improve your fitness, increase endurance and burn calories. Whether you're a walker, jogger or runner we'll get your heart rate up!



HiIT

High intensity interval training using a range of equipment, you will work through short bursts of high intensity work followed by rest or low intensity periods.



Strength & Toning

By incorporating a mix of dumbbells and bodyweight, we will take you through a full body strengthening workout.



BoxFIT

Get the heart pumping and build strength through punching and kicking.



FITball

Improve core strength and posture through this toning session while using a fitball to create instability and an additional challenge.



Flex & Flow

Increase flexibility, improve core strength and reduce stress through our yoga inspired session.

Membership Options



GOLD

Unlimited sessions
\$0 Membership Fee

Make your goals a reality and enjoy unlimited training sessions every month.

\$180
per month

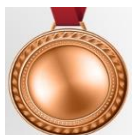


SILVER

2 Sessions per week
\$0 Membership Fee

Start to feel the BeneFIT of regular training with 2 sessions per week.

\$140
per month



BRONZE

1 Session per week
\$40 Membership Fee

Start your fitness journey and let your body build up consistency with 1 training session per week.

\$92
per month