

	SUN	MON	TUE	WED	THU	FRI	SAT
6:30			STRONG AF VIRTUAL SESSION 30 MINS		TONED AF VIRTUAL SESSION 30 MINS		
8:00							METAFIT/METAPWR SESSIONS - 30 MINS
8:30							GOLD SEMI PRIVATE PT SESSIONS
9:00		PT - NUTRITION CONSULTATIONS BY APPOINTMENT		METAFIT/METAPWR SESSIONS - 30 MINS			
9:30			GOLD SEMI PRIVATE PT SESSIONS				
10:30				PT - NUTRITION CONSULTATIONS BY APPOINTMENT	PT - NUTRITION CONSULTATIONS BY APPOINTMENT	PT - NUTRITION CONSULTATIONS BY APPOINTMENT	
12:00				PT - NUTRITION CONSULTATIONS BY APPOINTMENT			
15:30				GOLD SEMI PRIVATE PT SESSIONS			
16:00							
16:30		METAFIT/METAPWR SESSIONS - 30 MINS	STRONG AF - 30 MINS	METAFIT/METAPWR SESSIONS - 30 MINS	METAFIT/METAPWR SESSIONS - 30 MINS		
17:00		METAFIT/METAPWR SESSIONS - 30 MINS	STRONG AF - 30 MINS	METAFIT/METAPWR SESSIONS - 30 MINS	METAFIT/METAPWR SESSIONS - 30 MINS		
17:30		METAFIT/METAPWR SESSIONS - 30 MINS	STRONG AF - 30 MINS	GOLD SEMI PRIVATE PT SESSIONS	METAFIT/METAPWR SESSIONS - 30 MINS	GOLD SEMI PRIVATE PT SESSIONS	
18:00		GOLD SEMI PRIVATE PT SESSIONS	TONED AF/YOGA 45 MINS MAT BASED WORKOUT		TONED AF/YOGA 45 MINS MAT BASED WORKOUT		

**YELLOW**

IN PERSON CLASSES AVAILABLE TO BOOK

**BLUE**

BY APPOINTMENT ONLY

**GREEN**

VIRTUAL ONLINE CLASSES DELIVERED BY ZOOM

**GOLD**

SEMI-PRIVATE SESSIONS

Available to access as part of Gold memberships, these classes are small group personal training sessions. Work towards your goals in a fully supported training environment. Limited Spaces.

## CLASS TYPES:

### METAFIT

The original bodyweight HIIT workout, no equipment, maximum effect.

### METAPWR

Our favourite Metabolic Resistance Circuit using slam balls, sandbags, kettles and bodyweight exercises.

### STRONG AF

Our signature 30 min weights session - all the classics of free weights & cable exercises with none of the waiting your turn at the gym.

### TONED AF

Our signature core-based workout with a difference - transform your posture, lift your butt and work those abs.

### YOGA

This is your chance to breathe, flow and be mindful with Vinyasa style classes lead by fully qualified Yoga instructors.

(All of these classes are available as part of the group memberships)

\*\*\*All class sizes are limited and by appointment only. None of our group sessions include partner workouts or keeping up.

**PERSONAL TRAINING AND  
NUTRITION CONSULTATIONS  
CONTACT 0434 538 638 FOR  
AVAILABILITY**



**FIT AF**

Fitness and Nutrition with Angie Frazer