

'We're working towards a fitter, healthier Perth...'



GROUP TRAINING TIMETABLE (JAN 2025)

|  | MON | TUE | WED | THU | FRI | SAT |
|---|--|---------------------------|--|---------------------------|--|---------------------------|
| RISE & SHINE 6.00AM | XTC [45] | | XTC [45] | | XTC [45] | |
| MID MORNING 8.30AM | | | | | | XTC [45] |
| MID MORNING 9.00AM | Pink FIT [45] | | Pink FIT [45] | | Pink FIT [45] | |
| MID MORNING 9.30AM | | | | | | |
| TWILIGHT ZONE 5.30PM | | XTC [45] | | XTC [45] | | |
| TWILIGHT ZONE 6.00PM | | | | | | |
| TWILIGHT ZONE 6.30PM | | | | | | |

GROUP TRAINING KEY:

XTC = Cross Training Circuit {45min}

PinkFIT = Ladies Only Circuit {45min}

BOXING 4 FITNESS = Boxing for Fitness Session {30min}

GROUP TRAINING SESSION DESCRIPTIONS:

XTC = Cross Training Circuit {45min}

Mix up your training with a great blend of cardio and strength options that provide a full body workout in a circuit format. Experience our **XTC** rise & shine session, enter the **XTC** twilight zone or become an **XTC** weekend warrior. The choice to a fitter, healthier you is yours!

XTC KEY FITNESS BENEFITS:

 Cardio Fitness  Muscular Strength  Flexibility  Increase Metabolism

PinkFIT = Ladies Only Circuit {45min}

A specialised circuit training session for women with an added emphasis on tummy, hips and thighs. **PinkFIT** combines calorie burning cardio and resistance training exercises designed to promote joint stability & bone density.

PinkFIT KEY FITNESS BENEFITS:

 Muscle Toning  Cardio Fitness  Bone Density  Body Fat Reduction

BOXING 4 FITNESS = Boxing for Fitness {30min}

Our accredited Boxing for Fitness trainers will get you fighting fit! **BOXING 4 FITNESS** is a high-energy, non-contact workout that gets real results fast. We provide the instruction, focus pads and gloves, and you punch your way to a fitter, leaner you!

BOXING 4 FITNESS KEY FITNESS BENEFITS:

 Cardio Fitness  Body Fat Reduction  Muscular Endurance  Coordination

GROUP TRAINING OPTIONS

MBS 'FIT CLUB' Membership (Unlimited Monthly) *\$220

Join our exclusive 'FIT CLUB' membership to experience unlimited Group Training sessions within a calendar month. At just \$50 per week it provides great value for fully supervised & structured fitness training in a fun, social environment.

10 Session Pass *\$243 (10% discount on casual price)

Invest in a 10 session pass to provide you with 10 Group Training visits. The upfront pass remains at the studio & can be used at your own leisure.

Casual *\$27

Casual visits allow you to pay as you go.