

SMALL GROUP PT TIMETABLE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor - 1st Floor	7:00am - 7:30am HIIT	7:00am - 7:30am Strength	7:00am - 7:30am AMRAP	7:00am - 7:30am Strength	7:00am - 7:30am Circuit	6:30am - 7:25am HYROX Cardio & Agility	
	7:30am - 8:00am HIIT	7:30am - 8:15am Strength	7:30am - 8:00am AMRAP	7:30am - 8:15am Strength	7:30am - 8:00am Circuit		
Group X - Ground Floor			6:30pm - 7:25pm HYROX Skills & Conditioning	6:30am - 7:25am HYROX Skills & Conditioning			

SGPT

HYROX

DID YOU KNOW?

When you upgrade to Small Group Personal Training, you get more than just Small Group Personal Training sessions.

- Small Group Coaching**
 Maximum 8 participants per session for greater support, accountability and results.
- HYROX Training Club also included**
 Performance-focused training to build strength, endurance and confidence.
- Running Club - Coming Soon!**
 Train with like-minded members and stay motivated together.

Train together. Achieve more.

Class times may vary due to events or public holidays. For the latest group fitness timetable and class descriptions visit arenajoondalup.com.au/gym

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