SMALL GROUP PT TIMETABLE

ARENA JOONDALUP GYM

	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		6:30am - 7:25am **HYROX Skills & Conditioning**	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.
- **RUN 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 visit arenajoondalup.com.au/gym

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