

## CLASS DESCRIPTIONS

| TIME    | MONDAY<br>5am - 12pm<br>3pm - 7pm   | TUESDAY<br>5am - 12pm<br>3pm - 7pm | WEDNESDAY<br>5am - 12pm<br>3pm - 7pm | THURSDAY<br>5am - 12pm<br>3pm - 7pm | FRIDAY<br>5am - 12pm   | SATURDAY<br>6am - 9am              |
|---------|-------------------------------------|------------------------------------|--------------------------------------|-------------------------------------|------------------------|------------------------------------|
| 5:30am  | Climb<br>(30 min)                   | Gym Blast<br>(30 min)              | Cycle<br>(45 min)                    | Strength<br>Functional<br>(30 min)  | Cycle<br>(30 min)      |                                    |
| 5:30am  |                                     |                                    |                                      |                                     | Gym Blast<br>(30 min)  |                                    |
| 6:00am  |                                     | Functional<br>(30 min)             |                                      |                                     | Functional<br>(30 min) |                                    |
| 6:15am  | Fighting Fit<br>(30min)             |                                    | HIIT Strong<br>(30 min)              | Cycle<br>(30 min)                   |                        |                                    |
| 7:30am  |                                     |                                    |                                      |                                     |                        | Full<br>Throttle<br>(30 min)       |
| 8:10am  |                                     |                                    |                                      |                                     |                        | Strength<br>Functional<br>(30 min) |
| 9:15am  | Start<br>Up Gym<br>Combo<br>(40min) | Total Body<br>Workout<br>(45min)   | Step<br>(45 min)                     | Start Up<br>Functional<br>(40min)   |                        |                                    |
| 10:15am |                                     | Start Up<br>Functional<br>(30min)  | Start Up<br>Gym Blast<br>(30min)     |                                     |                        |                                    |
| 5:00pm  |                                     | Functional<br>(30 min)             | Hybrid<br>Gym Blast<br>(30 min)      |                                     |                        |                                    |
| 5:30pm  | Functional<br>(30 min)              | Gym Blast<br>(30min)               | Strength<br>Functional<br>(30 min)   | Body Blast<br>(45 min)              |                        |                                    |
| 6:00pm  | HIIT Strong<br>(30 min)             | Fighting Fit<br>(30 min)           |                                      |                                     |                        |                                    |
| 6:15pm  |                                     |                                    |                                      | Keep Calm<br>& Stretch<br>(30 min)  |                        |                                    |

I was born to be REAL, not to be perfect.

#reallifefitness

### BODY BLAST -

Resistance based toning class using barbell and dumbbells.

### CLIMB -

30 minute hill climb cycle workout

### CYCLE -

A fast paced workout on a stationary bike.

### FIGHTING FIT -

Circuit style class incorporating boxing, strength and cardio.

### FULL THROTTLE -

30 minute sprints cycle workout of high intensity.

### FUNCTIONAL -

Workout using resistance, cardio and body weight exercises.

### GYM BLAST -

30 minute resistance training using a variety of gym machines.

### HIIT STRONG -

30 minute Interval based strength workout.

### HYBRID GYM BLAST -

Resistance and cardio training using gym equipment and cardio machines.

### KEEP CALM & STRETCH -

30 minute stretch class.

### START UP FUNCTIONAL -

A class using resistance, cardio and body weight exercises for anyone new or returning to exercise.

### START UP GYM BLAST -

A resistance training class for anyone new or returning to exercise using a variety of gym machines.

### START UP GYM COMBO -

A class for anyone new or returning to exercise combining Start Up Gym Blast and Start Up Functional.

### STEP -

Choreographed workout on an adjustable platform.

### STRENGTH FUNCTIONAL -

Workout using resistance & body weight exercises.

### TOTAL BODY WORKOUT -

Low impact aerobics & step.



## Class Timetable

Commencing Monday 21st March, 2022

**Opening Hours:**  
Monday-Thursday: 5:00am-12:00pm | 3:00pm-7:00pm  
Friday: 5:00am-12:00pm  
Saturday: 6:00am-9:00am  
Sunday: CLOSED

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