



ADULT FITNESS

Commencing 1st September 2022

SATURDAY : 9am - 9.45am

\$35 per session. Spaces limited to 8 per session.
(5 and 10 Pack Packages available for discount)

HIIT IT!: A 45 minute fitness program that incorporates HIIT, strength, cardio, mobility, endurance, agility and core training for all fitness levels, using bodyweight. It is a powerful and energetic program which will give you a full body workout.

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