

CITY GYM

107 CROWN STREET ★ EAST SYDNEY

—

GROUP TRAINING PROGRAM

WEEK COMMENCING MONDAY 7TH AUGUST

	M	T	W	T	F	S	S
6:30AM		STRENGTH+ Barbell + Cardio 30 + 10 Minutes Main Studio David	H.I.I.T. Cardio Intervals 45 Minutes Main Studio Natalie	STRENGTH Barbell Circuit 45 Minutes Main Studio Danielle			
9:30AM			LIVE STRONG Seniors Program 55 Minutes Main Studio Dave Driscoll	LIVE STRONG Seniors Program 55 Minutes Main Studio Kevin Allwood		8:45AM H.I.I.T. Cardio Intervals 40 Minutes Main Studio David	
12:15PM	H.I.I.T+ Intervals + Core 30 + 15 Minutes Cycle Studio Andreas	STRENGTH Strength Circuit 45 Minutes Main Studio Campbell	H.I.I.T+ Intervals + Core 30 + 15 Minutes Main Studio Andreas	CARDIO Circuit Training 45 Minutes Main Studio Claire	STRENGTH Strength Circuit 45 Minutes Main Studio Campbell	9:30AM STRENGTH+ Barbell + Core 40 + 15 Minutes Main Studio David	10:30AM YOGA Earth 55 Minutes Yoga Studio Jordan
1:00PM		YOGA Fire & Earth 45 Minutes Yoga Studio Liana	YOGA Earth 45 Minutes Yoga Studio Kirsten	YOGA Earth 45 Minutes Yoga Studio Jordan	YOGA Fire & Air 45 Minutes Yoga Studio Kim		YOGA Fire & Air 55 Minutes Yoga Studio Rachel
6:00PM	H.I.I.T Cardio Circuit 30 Minutes Main Studio David		STRENGTH Barbell Training 45 Minutes Main Studio David	H.I.I.T Circuit Training 45 Minutes Main Studio Claire			
6:15PM	YOGA Ki-Yoga 45 Minutes Yoga Studio Ann	H.I.I.T. Circuit Training 40 Minutes Main Studio Campbell	YOGA Fire & Earth 45 Minutes Yoga Studio Amy	YOGA Earth 45 Minutes Yoga Studio Georgia			
6:30PM	STRENGTH Strength Circuit 45 Minutes Main Studio David						
7:00PM		BOXFIT Boxing Circuit 55 Minutes Main Studio Andreas					

WWW.CITYGYM.COM.AU
02 9360 6247

Instructors can change at short notice, please check the online schedule for any last minute changes. To receive weekly email updates, or for any Group Training Program feedback, please email mark@markmoonfitness.com