

# CITY GYM

107 CROWN STREET ★ EAST SYDNEY

## GROUP TRAINING PROGRAM WEEK COMMENCING MONDAY 15<sup>TH</sup> MAY

	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>	
<b>6:30AM</b>		<b>STRENGTH+</b> Barbell + Cardio 30 + 15 Minutes Main Studio Mark	<b>CYCLE</b> Cardio Training 45 Minutes Cycle Studio Natalie	<b>STRENGTH</b> Barbell Training 45 Minutes Main Studio Danielle	<b>CYCLE</b> Cardio Training 45 Minutes Cycle Studio Cheryl			
<b>9:30AM</b>	<b>LIVE STRONG</b> Seniors Program 55 Minutes Main Studio Mark		<b>LIVE STRONG</b> Seniors Program 55 Minutes Main Studio Mark			<b>8:45AM</b>	<b>CYCLE</b> Cardio Training 40 Minute Cycle Studio David	
<b>12:15PM</b>	<b>CYCLE</b> Cardio Training 30 Minutes Cycle Studio Andreas	<b>STRENGTH</b> Barbell Training 30 Minutes Main Studio Mark	<b>H.I.I.T+</b> Intervals + Core 30 + 15 Minutes Main Studio Andreas	<b>CYCLE</b> Cardio Training 45 Minutes Cycle Studio Aidan	<b>STRENGTH+</b> Barbell + Cardio 30 + 15 Minutes Main Studio Mark	<b>9:30AM</b>	<b>STRENGTH+</b> Barbell + Core 40 + 15 Minutes Main Studio David	
<b>12:50PM</b>	<b>HARDCORE</b> Core Training 30 Minutes Main Studio Andreas	<b>SEVEN:28</b> Circuit Training 30 Minutes Main Studio Mark				<b>10:30AM</b>	<b>YOGA</b> Earth 55 Minutes Yoga Studio Jordan	
<b>1:00PM</b>		<b>YOGA</b> Fire & Earth 45 Minutes Yoga Studio Liana	<b>YOGA</b> Earth 45 Minutes Yoga Studio Amy	<b>YOGA</b> Earth 45 Minutes Yoga Studio Jordan	<b>YOGA</b> Fire & Air 45 Minutes Yoga Studio Kim		<b>YOGA</b> Fire & Air 55 Minutes Yoga Studio Rachel	
<b>6:00PM</b>	<b>SEVEN:28</b> Circuit Training 30 Minutes Main Studio Mark		<b>STRENGTH+</b> Barbell + Cardio 30 + 15 Minutes Main Studio Mark	<b>H.I.I.T+</b> Intervals + Core 30 + 15 Minutes Main Studio Mark				
<b>6:15PM</b>	<b>YOGA</b> Ki-Yoga 45 Minutes Yoga Studio Ann	<b>CYCLE</b> Cardio Training 45 Minutes Cycle Studio Tim	<b>YOGA</b> Fire & Earth 45 Minutes Yoga Studio Kim		<b>YOGA</b> Air 45 Minutes Yoga Studio Kate			
<b>6:35PM</b>	<b>STRENGTH</b> Barbell Training 45 Minutes Main Studio Mark							
<b>7:00PM</b>		<b>BOXFIT</b> 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](mailto:mark@markmoonfitness.com)