

CITY GYM

107 CROWN STREET ★ EAST SYDNEY

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GROUP TRAINING PROGRAM

WEEK COMMENCING MONDAY 9TH OCTOBER

	M	T	W	T	F	S	S
6:30AM		STRENGTH Barbell Workout 45 Minutes Main Studio Mark	H.I.I.T. Cardio Intervals 45 Minutes Main Studio Natalie	STRENGTH Barbell Workout 45 Minutes Main Studio Danielle			
9:30AM			LIVE STRONG Seniors Program 55 Minutes Main Studio David	LIVE STRONG Seniors Program 55 Minutes Main Studio Mark		8:45AM H.I.I.T. Cardio Circuit 40 Minutes Main Studio David	
12:15PM	H.I.I.T+ Intervals + Core 45 Minutes Main Studio Andreas	STRENGTH Barbell Workout 45 Minutes Main Studio Mark	H.I.I.T+ Intervals + Core 30 + 15 Minutes Main Studio Andreas	CARDIO Cardio Circuit 45 Minutes Main Studio Natalie	STRENGTH Barbell Workout 45 Minutes Main Studio Mark	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 Workout 45 Minutes Main Studio Mark	H.I.I.T Circuit Training 45 Minutes Main Studio Mark			
6:15PM	YOGA Ki-Yoga 45 Minutes Yoga Studio Jordan	H.I.I.T. Circuit Training 40 Minutes Main Studio Campbell	YOGA Fire & Earth 45 Minutes Yoga Studio Jordan		YOGA Earth 45 Minutes Yoga Studio Georgia		
6:30PM	CROSSTRAIN Barbell Workout 45 Minutes Main Studio David						
7:00PM		BOXFIT Boxing Circuit 55 Minutes Main Studio Andreas					

WWW.CITYGYM.COM.AU
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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