

BODYPUMP®

Is the original barbell class that strengthens your entire body. Get the results you came for fast!

BOXING FOR FITNESS

Combination of jabs, hooks, uppercuts, knees and kicks in a cardiovascular workout and muscle toning session, a total body workout.

EZY FITNESS

A low impact class designed for the active over 50s and those new to exercise designed to increase fitness in some and maintain a healthier more active lifestyle for others.

TRX

Delivers a total-body workout using your bodyweight to create muscle-building resistance.

TABATA

Is a High Intensity interval training workout: Tabata is based on 4 minute sessions of 20 seconds intense training then 10 seconds rest with a total number of 8 rounds.

SPIN

Freestyle cycle classes to increase your cardiovascular fitness and burn calories. Intended to make you sweat!

EZY FIT T.R.X / CIRCUIT

Focusing on improving posture and strength, this class focuses on muscular strength; good body alignment and balance along with developing & strengthening key muscle groups.

YOGA

Is therapy that aims to unite the mind, body and soul. Designed for improved flexibility and breathing techniques, stress management and mind & body awareness

GROUP CENTERGY

Is your 60 minutes to grow longer and stronger. Group Centergy incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat. **CENTER YOUR ENERGY.**

META FIT

Is a fierce & wild workout designed to shape, sculpt & redefine your physique while injecting your body with an endorphin overload.

PINNACLE

FITNESS CLUB



PINNACLE GROUP FITNESS SPRING

TIMETABLE EFFECTIVE
AS OF APRIL 2019

LIVERPOOL CATHOLIC CLUB SPORTS COMPLEX
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- GYM GROUP FITNESS TIMETABLE -

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MEZZANINE

5.45AM	BODYPUMP		BOXING		TABATA		
8.15AM	EZYFIT TONE		EZYFIT TRX		EZYFIT CIRCUIT		
8.30AM						TABATA TRX AREA	
9.30AM	BODYPUMP			BODYPUMP			
6.15PM	BOXING	BODYPUMP		BODYPUMP			
6.30PM			META FIT				
7.15PM							

CYCLE ROOM

5.45AM		SPIN		SPIN			
9.30AM					SPIN	SPIN	
10.30AM	SPIN						
6.15PM			SPIN				
6.30PM				SPIN EXPRESS	SPIN EXPRESS		
7.15PM	SPIN	SPIN					

LADIES GYM

8.30AM						YOGA	
9.30AM		YOGA					
5.15PM	GROUP CENTERGY						
6.15PM	GROUP CENTERGY		YOGA		GROUP CENTERGY		

OUTDOORS

6.00AM