



VOYAGE
fitness Leongatha

GROUP FITNESS TIMETABLE

51 McCartin street

Ph: (03) 55620857












** Class numbers are limited please ensure you take a ticket from reception upon entry to the class **

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6.15am	RIDE Penni		HIIT 30 Scott	HIIT 30 Dayna	Bike & Box Dayna	
8.15am						RIDE Dayna
9.15am	T.T.T Mel	HIIT 30 <small>Child Friendly</small> Dayna	RIDE Jude	YOGA Nat	Powerbar Jude	STRENGTH Dayna
10.15am	THOMP <small>Child Friendly</small> Dayna		PILATES Jude	T.T.T <small>Child Friendly</small> Dayna	PILATES Jude	
11.00am					ZUMBA Mandy	
4.15pm	gecko KIDS FITNESS					
5.30pm	HIIT 30 Dave	Ride 30 Dayna	Powerbar Jude	RIDE Mel		
6.00pm	STEP Mel	THOMP <small>Child Friendly</small> Scott	HIIT 30 Dave			
6.30pm	Ride 30 Dayna		T.T.T Mel			
7.00pm	STRENGTH Dayna	ZUMBA Mandy	STEP Mel			

*** Free to all members ** \$10 Casual Visit ** \$5 Gecko Kids Fitness ***

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 STRENGTH	<p>Pure muscle. No Cardio. Build your strength in this low impact weights class. (45mins)</p>
 Bike & Box	<p>Perfect combination. Part ride Part Boxing. Climb, Sprint & Punch! (45mins)</p>
 YOGA	<p>This class uses posture and stretches in combination with the breath to develop flexibility and relaxation. (45mins)</p>
 Power bar	<p>Using a barbell to challenge all major muscle groups. You'll be doing squats, presses, lifts, and curls to get stronger and leaner. (45mins)</p>
T.T.T	<p><u>TUMMY. TAILS. THIGHS.</u> This class will tone and strengthen your glutes and abdominals leaving you feeling fit and looking great. (45mins)</p>
 STEP	<p>Add some height to your aerobic workout with STEP. The original and the best, you'll be having a blast with music and a great calorie burn to top it all off. (45mins)</p>
 THUMP BOXING	<p>Internationally recognised, THUMP Boxing is ready to push your fitness above and beyond. We supply the equipment and will pair you up. There's no time like the present, see you there! (45mins)</p>
 RIDE	<p>If you can ride a bike you can be part of this very highly motivating class. Vaporise calories whilst climbing mounitions, riding up hills and racing to the finish line. (45mins)</p>
 PILATES	<p>Pilates is a whole body fitness. With a focus on core strength. Pilates provides a level of Integrated fitness hard to find. (45-55mins)</p>
 ZUMBA fitness	<p>Get your groove on with this series of dance moves. From Latin to Hip Hop and everything else in between you'll have an absolute blast. (45mins)</p>
 HIIT 30	<p>Our High Intensity Interval Training class is super popular. Fast track your workouts using body weight, kettlebells, sandbags, tyres, medicine balls and more, all in 30 minutes.</p>
 gecko KIDS FITNESS	<p>Kids need a place to call their own. Gecko is for 5-9 year olds and all shapes, sizes and abilities. Using kid specific equipment. Our program is designed to make fitness fun. Only \$5 (45mins)</p>