

Free classes

FOR GYM MEMBERS

MON	6:15-7AM	Lower body strength
TUE	6:15-7AM	Upper body strength
WED	6-6:45PM	BoxFit - 16+
FRI	6:15-7AM	Core tone

Our fitness classes are 45-minute sessions including a warm-up, workout, and cool-down. Designed for all fitness levels and programmed in 6-week blocks with progressive variations. Each weekly class complements the others and is optimal to complete all 3 sessions per week, but attendance in every class is not required to see results.



Bookings required for boxfit, please scan QR to register