

# TIMETABLE

## GROUP FITNESS



### MON

7:30AM Energise  
9:15AM Laugh & Lift  
10:15AM M & M  
5:30PM Boxing

**COMING SOON!**  
**WOMENS ONLY**  
**WORKOUT AREA**

### WED

7:30AM Swiss ball  
9:15AM Cardio Core  
10:15AM Zumba GOLD  
5:30PM SODS

### FRI

7:30AM Energise  
9:15AM Laugh & Lift  
10:15AM M & M

#### - Boxing

a combination of  
one on one  
as well as bags.

#### - SODS

a full body workout.  
high intensity with cardio  
& weights combined

#### - Mature & Motivated

Exercises to assist with  
strength & mobility

#### - ENERGISE CIRCUIT

two different sessions  
including body weight,  
functional strength, spin  
bikes & weights.

#### - Laugh & Lift

two different sessions, short &  
sharp intervals to boost the  
metabolism.  
BYO sense of humour.

#### - Swiss ball

Challenge your core  
& improve all over strength

#### -BBL

Come and join Lana in a strength  
& cardio focused class suited for  
all ages & all levels of fitness,  
beginner to advanced.  
Lana will cater each exercise  
specifically to your needs.

#### - ZUMBA GOLD

move to Latin music & learn  
choreography that focuses  
on balance, range of  
motion & coordination.

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