

# Surge Fitness - Clarkson - Group Fitness Studio

Festive Season Week 1 18<sup>th</sup> - 24<sup>th</sup> December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am						S-CONNECT* COUNTERSTRIKE 30	
8:00am						HIIT 45	
8:30am	BODYPUMP 60	MAT PILATES 45	BODYCOMBAT 60		MAT PILATES 60		
9:00am				S-CONNECT* COUNTERSTRIKE 30		BODYPUMP 60	BODYPUMP 60
9:30am	BODYCOMBAT 60	BODYPUMP 60	MAT PILATES 60	CLUBBERCISE 60	S-CONNECT* BATTLEBOX 30		
10:00am					CLUB FIESTA 60	BODYCOMBAT 60	
10:30am	MAT PILATES 60	YOGA 60	BODYPUMP 60	MAT PILATES 60			
11.00am						YOGA 60	
5:15pm	S-CONNECT* KICKASS 30	BODYCOMBAT 60					
5:30pm			S-CONNECT* BATTLEBOX 30				
5:45pm	ABT 45			BODYATTACK 45			
6:00pm			CLUB FIESTA 45				
6:15pm		BODYPUMP 45					
6:30pm	YOGA 60			YOGA 60			
6:45pm							

S-Connect Classes require a MyZone belt. \* Boxing Gloves Required

Classes above are indicative and are subject to change. Please refer to the Surge Fitness App upon attending.



## Surge Fitness - Clarkson - Cycle Studio

Festive Season Week 1 18<sup>th</sup> - 24<sup>th</sup> December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am			CYCLE 45		RPM 45		
8:00am							CYCLE 45
9:00am						BEATS RHYTHM CYCLE 45	
9:30am	RPM 45			RPM 45	BEATS RHYTHM CYCLE 45		
9:45am		S-CONNECT* IRONHORSE 30					
5:15pm		RPM 45					
6:15pm	CYCLE 45						

## Surge Fitness - Clarkson - Functional Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am				S-CONNECT LOADED 30			
9:00am		S-CONNECT ABSOLUTELY 30	S-CONNECT TOP HEAVY 30		S-CONNECT BIG RIG 30		
5:15pm	S-CONNECT BIG RIG 30						
5:30pm		S-CONNECT REDLINE 30					
6:15pm		S-CONNECT LOADED 30					

S-Connect Classes require a MyZone belt. \* Boxing Gloves Required

Classes above are indicative and are subject to change. Please refer to the Surge Fitness App upon attending.



# Surge Fitness - Clarkson - Reformer Studio

Festive Season Week 1 18<sup>th</sup> - 24<sup>th</sup> December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		REFORMER 45		REFORMER 45			
8:00am						REFORMER 45	
8:30am	REFORMER 45			REFORMER 45			
9:00am						REFORMER 45	
9:30am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45		
10:00am						REFORMER 45	
10:30am		REFORMER 45	REFORMER 45		REFORMER 45		
5:15pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			
6:15pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			

S-Connect Classes require a MyZone belt.

\* Boxing Gloves Required

Classes above are indicative and are subject to change. Please refer to the Surge Fitness App upon attending.

Reformer Stage 1

Reformer Stage 2

Reformer Stage 3

