

# Surge Fitness - Butler - Group Fitness Studio

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am		MAT PILATES 45			BODYCOMBAT 45		
7:15am						BODYPUMP 45	
8:15am						S-CONNECT KICKASS 30	
8:45am	BODYPUMP 45	S-CONNECT CONTENDER 30"	S-CONNECT ABSOGLUTELY 30"		BODYPUMP 45		
9:00am						S-CONNECT GRAVITY 30	
9:30am		S-CONNECT BATTLEBOX 30	BODYPUMP 45	S-CONNECT KICKASS 30			
9:45am	S-CONNECT BATTLEBOX 30				YOGA 45	CLUBBERCISE 45	YOGA 45
10:15am				MAT PILATES 45			
11:00am							
3:45pm							
4:30pm							
5:15pm	S-CONNECT COUNTERSTRIKE ULTRA 45				BODYPUMP 45		
5:30pm		MAT PILATES 45	BODYATTACK 45	BODYCOMBAT 45			
6:15pm	CLUBBERCISE 45		BODYPUMP 30				
6:30pm		YIN YOGA 60		CLUBBERCISE 45			
7:00pm			MAT PILATES 45				
7:15pm	MAT PILATES 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.



## Surge Fitness - Butler - Cycle Studio

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

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

## Surge Fitness - Butler - Functional Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			S-CONNECT CONTENDER 30				
6:45am			S-CONNECT BIG RIG 30				
8:45am	S-CONNECT BIG RIG ULTRA 45			S-CONNECT TOP HEAVY 30			
9:00am					S-CONNECT LOADED 30		
9:30am	S-CONNECT BIG RIG ULTRA 45				S-CONNECT REDLINE 30		
4:45pm				S-CONNECT BIG RIG 30			
5:30pm		S-CONNECT ABSOLUTELY ULTRA 45		S-CONNECT REDLINE 30			
5:45pm			S-CONNECT TOP HEAVY ULTRA 45				
6:30pm		S-CONNECT BIG RIG 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 - Butler - 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	REFORMER 45	REFORMER 45		
7:00am	REFORMER 45		REFORMER 45		REFORMER 45	REFORMER 45	
8:00am						REFORMER 45	REFORMER 45
8:15am		REFORMER 45		REFORMER 45			
9:00am						REFORMER 45	REFORMER 45
9:15am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45		
10:15am		REFORMER 45		REFORMER 45	REFORMER 45		
3:45pm	REFORMER 45						
4:45pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			
5:45pm	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.

