

Surge Fitness - Kings Square CBD - Group Fitness Studio

Festive Season Week 1 18th - 24th December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		S-CONNECT TOP HEAVY 30		S-CONNECT BIG RIG 30			
8:00am							
12:00pm							
12:15pm	S-CONNECT ABSOGLUTELY 30		S-CONNECT LOADED 30				
12:30pm		VINYASA YOGA 45					
5:15pm			CLUB FIESTA 45				
5:30pm	S-CONNECT ATOMIC 30	S-CONNECT REDLINE 30					
6:00pm	YIN YOGA 45		S-CONNECT ABSOGLUTELY 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 - Kings Square CBD - Reformer Studio

Festive Season Week 1 18th - 24th December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15am		REFORMER 45		REFORMER 45			
8:30am						REFORMER 45	
12:30pm	REFORMER 45		REFORMER 45				
4:30pm			REFORMER 45				
5:15pm	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.