

Surge Fitness - Kings Square CBD - Group Fitness Studio

Festive Season Week 2 25th - 31st December 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am							
8:00am							
12:00pm							
12:15pm			S-CONNECT LOADED 30				
12:30pm							
5:15pm							
5:30pm			S-CONNECT ABSOLUTELY 30				
6:00pm							

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 2 25th - 31st December 2023

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