

Surge Fitness - Kings Square CBD - Group Fitness Studio

Effective 8th January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		S-CONNECT BIG RIG 30		S-CONNECT TOP HEAVY 30			
7:45am						S-CONNECT REDLINE 30	
12:00pm					S-CONNECT ABSOGLUTELY 30		
12:15pm	S-CONNECT REDLINE 30		S-CONNECT TOP HEAVY 30				
12:30pm		VINYASA YOGA 45		MAT PILATES 45	VINYASA YOGA 45		
5:15pm			CLUB FIESTA 45				
5:30pm	S-CONNECT ABSOGLUTELY 30	S-CONNECT REDLINE 30		S-CONNECT BIG RIG 30			
6:00pm	YIN YOGA 45		S-CONNECT ATOMIC 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

Effective 8th January 2024

	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	REFORMER 45	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.