

Surge Fitness - Butler - Group Fitness Studio

Effective 8th January 2024

| | 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 | | | YOGA 45 |
| 9:45am | S-CONNECT* BATTLEBOX 30 | | | | YOGA 45 | CLUBBERCISE 45 | |
| 10:15am | | | | MAT PILATES 45 | | | |
| 11.00am | | | | | | | |
| 3:45pm | | KIDS CLASS AGED (4-8) 40 | | | | | |
| 4:30pm | | KIDS CLASS AGED (9-12) 40 | | | | | |
| 5:15pm | S-CONNECT* COUNTERSTRIKE ULTRA 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

Effective 8th January 2024

| | 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 IRON HORSE 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

Effective 8th January 2024

| | 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.

