

# Surge Fitness - Wanneroo - Group Fitness Studio

Effective 8<sup>th</sup> January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		S-CONNECT GRAVITY 30					
6:00am			S-CONNECT * COUNTERSTRIKE 30				
8:00am						BODYCOMBAT 45	
8:45am							TABATA 45
9:00am	HIIT 45	BODY COMBAT 45	S-CONNECT * BATTLEBOX ULTRA 45	PUMP 45	ABT 45	PUMP 45	
9:30am							
9:45am							
10:00am	MAT PILATES 45	S-CONNECT ABSOGLUTELY 30	MAT PILATES 45	HATHA YOGA 45	BODYCOMBAT 45	YOGA 45	
11.00am							
3:45pm							
4:30pm		YIN YOGA 45					
5:15pm	HIIT 45						
5:30pm		ABT 30	PUMP 45	S-CONNECT ABSOGLUTELY 30			
6:15pm				MAT PILATES 45			
6:00pm	CLUBERCISE 60						
6:30pm			YOGA 60				
7:00pm	YOGA 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 - Wanneroo - Cycle Studio

Effective 8<sup>th</sup> January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am				CYCLE 45			
8:00am						RPM 45	CYCLE 30
8:30am	S-CONNECT IRON HORSE 30				S-CONNECT IRON HORSE 30		
9:00am		BEATS 45	CYCLE 45	BEATS 45			
10:00am							
6:15pm	RPM 45	CYCLE 30					

## Surge Fitness - Wanneroo - Functional Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	S-CONNECT ATOMIC 30				S-CONNECT LOADED 30		
8:00am							
8:30am		BIG RIG 30	S-CONNECT ABSOLUTELY 30				
9:00am							
6:15pm			S-CONNECT BIG RIG 30	S-CONNECT CONTENDER 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 - Wanneroo - Reformer Studio

Effective 8<sup>th</sup> January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45		
7:00am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45		
8:15am						REFORMER 45	REFORMER 45
8:30am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45		
9:00am							
9:15am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45
9:45am							
10:15am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	
11.00am					REFORMER 45	REFORMER 45	
3:45pm							
4:30pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			
5:15pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			
6:15pm	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45			
7:00pm		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.

