

Surge Fitness - Clarkson - Group Fitness Studio

Effective 2nd April 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------------------------|----------------|--------------------------------|--------------------------------|----------------------------|----------------------------|-------------|
| 7:15am | | | | | | S-CONNECT* BATTLEBOX 30 | |
| 8:00am | | | | | | HIIT 45 | |
| 8:30am | BODYPUMP 60 | MAT PILATES 45 | BODYCOMBAT 60 | | MAT PILATES 60 | | |
| 9:00am | | | | S-CONNECT* COUNTERSTRIKE 30 | | BODYPUMP 60 | BODYPUMP 60 |
| 9:30am | BODYCOMBAT 60 | BODYPUMP 60 | MAT PILATES 60 | BODYCOMBAT 60 | S-CONNECT* BATTLEBOX 30 | | |
| 10:00am | | | | | CLUB FIESTA 60 | BODYCOMBAT 60 | |
| 10:30am | MAT PILATES 60 | YOGA 60 | BODYPUMP 60 | MAT PILATES 60 | | | |
| 11.00am | | | | | | YOGA 60 | |
| 5:15pm | S-CONNECT* KICKASS 30 | BODYCOMBAT 60 | | | | | |
| 5:30pm | | | S-CONNECT* COUNTERSTRIKE 30 | | | | |
| 5:45pm | ABT 45 | | | BODYPUMP 45 | | | |
| 6:00pm | | | CLUB FIESTA 45 | | | | |
| 6:15pm | | BODYPUMP 45 | | | | | |
| 6:30pm | YOGA 60 | | | YOGA 60 | | | |
| 6:45pm | | | BODYBALANCE 60 | | | | |

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 - Clarkson - Cycle Studio

Effective 2nd April 2024

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

Surge Fitness - Clarkson - Functional Floor

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------------|--------------------------|----------------------|---------------------|--------------------------|----------|--------|
| 6:00am | | | | S-CONNECT LOADED 30 | | | |
| 9:00am | | S-CONNECT LOADED 30 | S-CONNECT BIG RIG 30 | | S-CONNECT ABSOGLUTELY 30 | | |
| 9:30am | | S-CONNECT REDLINE 30 | | | | | |
| 5:15pm | S-CONNECT LOADED 30 | | | | | | |
| 5:30pm | | S-CONNECT BIG RIG 30 | | | | | |
| 6:15pm | | 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 - Clarkson - Reformer Studio

Effective 2nd April 2024

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|-------------|-------------|-------------|-------------|-------------|--------|
| 6:00am | | REFORMER 45 | | REFORMER 45 | | | |
| 8:00am | | | | | | REFORMER 45 | |
| 8:30am | REFORMER 45 | REFORMER 45 | REFORMER 45 | REFORMER 45 | | | |
| 9:00am | | | | | | REFORMER 45 | |
| 9:30am | REFORMER 45 | REFORMER 45 | REFORMER 45 | REFORMER 45 | REFORMER 45 | | |
| 10:00am | | | | | | REFORMER 45 | |
| 10:30am | | 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 | | | |

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.

