

# Surge Fitness - Wanneroo - Group Fitness Studio

Effective 1<sup>st</sup> Apr 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		S-CONNECT GRAVITY	S-CONNECT* COUNTERSTRIKE				
6:00am							
8:30am							
8:45am							TABATA 45
9:00am	HIIT 45	BODYCOMBAT 45	S-CONNECT* BATTLEBOX 45	PUMP 45	ABT 45	BODYPUMP 45	
9:30am							
10:00am	MAT PILATES 45	S-CONNECT ABSOGLUTELY 30	MAT PILATES 45	YOGA 45	S-CONNECT GRAVITY 30	YOGA 45	
10:15am							
11.00am							
3:30pm				KIDS CLASS AGED (4-8) 40			
4:15pm				KIDS CLASS AGED (9-12) 40			
4:30pm		YIN YOGA 45					
5:15pm	HIIT 45						
5:30pm		ABT 30	BODYPUMP 45	S-CONNECT ABSOGLUTELY 30			
6:00pm	BODYCOMBAT 60						
6:15pm				MAT PILATES 45			
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 1<sup>st</sup> Apri 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	RPM 30	BEATS 45			
4:00pm							
6:15pm	RPM 45	RPM 30					

## Surge Fitness - Wanneroo - Functional Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am	S-CONNECT ATOMIC 30				S-CONNECT LOADED 30		
8:30am		S-CONNECT BIG RIG 30	S-CONNECT ABSOLUTELY 30				
5:00pm							
6:15pm			S-CONNECT BIG RIG 30	S-CONNECT TOP HEAVY 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 1<sup>st</sup> April 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		
9:15am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45
10:15am	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	REFORMER 45	
11:00am					REFORMER 45	REFORMER 45	
12:00pm							
3:30pm							
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.

