

Surge Fitness - Butler - Group Fitness Studio

Effective 2nd April 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		S-CONNECT* CONTENDER 30	S-CONNECT ABSOLUTELY 30				
9:00am	BODYPUMP 45				BODYPUMP 45	S-CONNECT GRAVITY 30	
9:30am		S-CONNECT* BATTLEBOX 30	BODYPUMP 60	S-CONNECT* KICKASS 30			VIN YASA YOGA 45
9:45am	S-CONNECT* BATTLEBOX 30					CLUB FIESTA 60	
10:15am				MAT PILATES 45	VIN YASA YOGA 45		
11.00am							
3:45pm		KIDS CLASS AGED (3-8) 40					
4:30pm		KIDS CLASS AGED (9-12) 40					
5:15pm	S-CONNECT* COUNTERSTRIKE 30						
5:30pm		MAT PILATES 45	BODYATTACK 45	BODYCOMBAT 45			
6:15pm	CLUBBERCISE 45		BODYPUMP 45				
6:30pm		YIN YOGA 60		CLUBBERCISE 45			
7:00pm							
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 2nd April 2024

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

Surge Fitness - Butler - Functional Floor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			S-CONNECT BIG RIG ULTRA				
8:45am	S-CONNECT BIG RIG ULTRA			S-CONNECT TOP HEAVY 30			
9:00am					S-CONNECT LOADED 30		
9:30am	S-CONNECT BIG RIG ULTRA				S-CONNECT REDLINE 30		
4:45pm				S-CONNECT BIG RIG 30			
5:15pm							
5:30pm		S-CONNECT ABSOLUTELY ULTRA		S-CONNECT REDLINE 30			
5:45pm			S-CONNECT TOP HEAVY ULTRA				
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 2nd April 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am			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			
8:45am							
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		
11.00am							
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.

