



# TIMETABLE

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Day/time	Mon	Tues	Wed	Thurs	Fri	Sat
5.15am	Strength	Transformation	Strength	Transformation	Strength	
6am	Strength	Transformation	Strength	Transformation	Strength	
7am	Strength	Transformation	Strength	Transformation	Strength	7am Transformation
9.30am	Strength	MobilityX	Strength		Strength	7.45am Transformation
12pm	Strength	Transformation	Strength	Transformation	Strength	8.45am Transformation
12.45pm	Strength	Transformation	Strength	Transformation	Strength	9.30am Transformation
5pm	Strength	Transformation	Strength	Transformation	Strength	10.30am Strike Fit
5.45pm	Strength	Transformation	Strength	Transformation	Strength (5.30pm)	
6.30pm	Strikefit		Strikefit	MobilityX		

- Strength** A fully periodized program designed to help you put on lean muscle, improve your strength levels and ultimately burn more calories at rest!
- Transformation** This is THE ultimate fat burning workout. During a Transformation class you'll be working a mix of functional, strength and cardio based exercises, burning a heap of calories, building a lean athletic physique.
- MobilityX** A unique training experience combining Yoga, Gymnastics and movement based training to help you increase flexibility, mobility and stability. Great for improving movement quality and getting out of pain!
- StrikeFit** A boxing/kickboxing based fitness class. Fantastic for adding variety to your training and learning new life skills.