



TIMETABLE

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Day/time	Mon	Tues	Wed	Thurs	Fri	Sat
5.15am - 6am	Strength	Transformation	Strength	Transformation	Strength	
6am - 7am	Strength	Transformation	Strength	Transformation	Strength	
7am - 8am	Strength	Transformation	Strength	Transformation	Strength	7am - 7.45am Transformation
9.30am - 10.30am	Strength	MobilityX	Strength	Transformation	Strength	7.45am - 8.30am Transformation
12pm - 12.45pm	Strength	Transformation	Strength	Transformation	Strength	8.45am - 9.30am Transformation
12.45pm - 1.45pm	Strength	Transformation	Strength	Transformation	Strength	9.30am - 10.15am Transformation
5pm - 6pm	Strength	Transformation	Strength	Transformation	Strength	10.30am - 11.15 Strike Fit
6pm - 7pm	Strength	Transformation	Strength	Transformation	Strength	
7pm - 7.45pm	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.