

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|------|---|--------------------------------|---|--------------------------------|---|--------------------------------|---|--------------------------------|---|------------------------------|--|--|
| 5am | | | | | | | | | | | | |
| | 5:30 – 6:00 Express HIIT | 5:45 – 6:45 Boot Camp* | | | 5:30 – 6:00 Express HIIT | 5:45 – 6:45 Boot Camp* | | | 5:30 – 6:00 Express HIIT | 5:45 – 6:45 Boot Camp* | | |
| 6am | 6:00 – 7:00 Strength & Conditioning | | 6:00 – 7:00 Strong Dad | | 6:00 – 7:00 Strength & Conditioning | | 6:00 – 7:00 Strong Dad | 6:00 – 6:45 SportsCore | 6:00 – 7:00 Strength & Conditioning | | 6:30 – 7:00 Express HIIT | |
| 7am | 7:00 – 9:00 OPEN GYM – Customised Group Training | | 7:00 – 9:00 OPEN GYM – Customised Group Training | | 7:00 – 9:00 OPEN GYM – Customised Group Training | | 7:00 – 9:00 OPEN GYM – Customised Group Training | | 7:00 – 9:00 OPEN GYM – Customised Group Training | | 7:00 – 8:00 Strength & Conditioning | |
| 8am | | | | | | | | | | | | |
| 9am | 9:15 – 9:45 Express HIIT | | 9:15 – 10:00 Strong Mum | | 9:15 – 9:45 Express HIIT | | 9:15 – 10:00 Strong Mum | | 9:15 – 9:45 Express HIIT | | | |
| 10am | | | | | | | | | | | | |
| 3pm | 3:30 – 5:15 OPEN GYM – Customised Group Training | 3:45 – 4:30 Propel Kids | 3:30 – 5:15 OPEN GYM – Customised Group Training | 3:45 – 4:30 Propel Kids | 3:30 – 5:15 OPEN GYM – Customised Group Training | 3:45 – 4:30 Propel Kids | 3:30 – 5:15 OPEN GYM – Customised Group Training | 3:45 – 4:30 Propel Kids | | | | |
| 4pm | | 4:30 – 5:15 Propel Teens | | 4:30 – 5:15 Propel Teens | | 4:30 – 5:15 Propel Teens | | 4:30 – 5:15 Propel Teens | | | | |
| 5pm | 5:15 – 6:00 Strength & Conditioning | | | | 5:15 – 6:00 Strength & Conditioning | | | | | | | |
| 6pm | 6:00 – 6:45 SportsCore | | | | | | | | | | | |

To maintain appropriate coach to client ratio: all our classes are limited.

EXPRESS HIIT

If you are time-poor but still want a decent session, our 30 minute High Intensity Interval Training class will get you FITTER, LEANER & HEALTHIER in NO TIME! It features functional full body workouts, supersets, bodyweights and conditioning exercises while keeping your heart rate high for maximum benefits. We cater for all fitness abilities. Please arrive on time for a quick start!

STRONG DAD

Return to your former athletic self by getting back to basics. This program is a semi-private training session for men, which relies heavily on the foundation of strength & conditioning. We'll teach and train you in squats, deadlifts, presses and rows with a big emphasis on great technique to help increase muscle mass and change your body shape.

STRONG MUM

Strong Mum is dedicated to helping like-minded women of all ages train safely; balancing strength and fitness with pelvic floor awareness. We aim to increase strength, increase fat loss, and rebuild your pre/post-partum body.

STRENGTH & CONDITIONING

From the elite athlete to the weekend warrior we tailor a plan to your specific needs and customise a strength and conditioning plan for you.

OPEN GYM – CUSTOMISED GROUP TRAINING

The gym is open for a coached session to our Unlimited and **Propelperform** members.

To attend this session you must have a **PropelFit program.**

PROPELKIDS

This is a Movement Exploration Program for Under 13's looking to improve overall athleticism, coordination and spatial awareness through jumps, hops, stretches, pushes, pulls, lunges, braces, runs, rolls, sprints, twists, throws, catches, skipping and most importantly FUN. The program is mainly based outdoors in a supportive environment. Kids as young as five are encouraged to join.

PROPELTEENS

This is an Athletic Development Program for high school athletes who want to improve strength and power for their sports. This supervised program is mainly gym-based. We teach and emphasise good technique and look to build on ownership and healthy habits.

SPORTSCORE

A mat Pilates-based strengthening and injury prevention program. Primarily targeting the trunk, pelvic floor, and hips; SportsCore is the perfect program for those who have back or groin issues.

BOOT CAMP (OUTDOORS)

A fun, high intensity, circuit-style Boot Camp in a supportive environment. We cater for all fitness levels and include some team based workouts. An exciting new program for every session with a mixed bag of equipment, such as battle ropes, sloss balls and hit pads.

**** PropelFit Boot Camp at Bowman Park, David Avenue, Bardon ****