

Sheer Transformations Class Timetable

0406 362 438

www.sheertransformations.com.au
trainer@sheertransformations.com.au

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:00	6:00 - 6:30 Strength Emma	6:00 - 6:30 Fit Belinda	6:00 - 6:30 Box-Fit Emma	6:00 - 6:30 Pilates Belinda	6:00 - 6:30 Strength Rohan	7:00 - 10:00 Open Gym
	8:00	6:00 - 9:00 Open Gym	6:00 - 9:00 Open Gym	6:00 - 9:00 Open Gym	6:00 - 9:00 Open Gym	6:00 - 9:00 Open Gym	8:00 - 8:30 Yoga (Rotating)
	8:30						8:30 - 9:00 Fit (Rotating)
PM		5:00 - 7:00 Open Gym	5:00 - 7:00 Open Gym	5:00 - 7:00 Open Gym	5:00 - 7:00 Open Gym	Closed	
	18:00	6:00 - 6:30 Box-Fit Chrystal	6:00 - 6:30 Strength Belinda	6:00 - 6:30 Pump Emma	6:00 - 6:30 Strength Rohan		
	18:30	6:30 - 7:00 Yoga Chrystal	6:30 - 7:00 Pilates Belinda	6:30 - 7:00 Box-Fit Emma	6:30 - 7:00 Fit Rohan		

Class	Class Description
Strength	Build lean muscle, develop power, endurance and condi
Pilates	Develop core strength, stabilisation and full body contrc
Box-Fit	Solo boxing drills, technique work, and functional cardio
Fit	Get your heart rate up and your sweat on
Pump	Strength, toning and burn to the beat!
Yoga	Yoga flows to develop functional movement, strength, flexibility and mindfulness

Membership Options	
\$29/week	Unlimited Class Membership
\$77	5 Class Trial - 2 week expiry
\$129	10 Class Pass - 6 week expiry
\$10/week	Open Gym
\$37/week	SIGNATURE Membership: Unlimited Classes & Open Gym (3 month term)
\$34/week	SIGNATURE Membership: Unlimited Classes & Open Gym (6 month term)