

Sheer Transformations Class Timetable

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| | | 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 Stacie | 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 Rohan |
| PM | 18:00 | 3:00 - 7:00 Open Gym | 3:00 - 7:00 Open Gym | 3:00 - 7:00 Open Gym | 3:00 - 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 Yoga Emm | 6:30 - 7:00 Fit Rohan | | |

| Class | Class Description |
|----------|--|
| Strength | Build lean muscle, develop power, endurance and condit |
| Pilates | Develop core strength, stabilisation and full body control |
| 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 |
| \$20 | Casual Class |
| \$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) |