

GROUP TRAINING SCHEDULE



2019 PROGRAM

HIGH INTENSITY 5:15AM
FOUNDATIONS 9:15AM

MON

HIGH INTENSITY 5:00PM
HIGH INTENSITY 6:00PM
HIGH INTENSITY 7:00PM

S&C 5:15AM
S&C 6:15AM
S&C 9:15AM

TUES

FLEXIBILITY 5:00PM
S&C 6:00PM
SURFER STRENGTH 6:45PM

STRENGTH 5:15AM
STRENGTH 9:15AM

WED

HIGH INTENSITY 5:00PM
HIGH INTENSITY 6:00PM
HIGH INTENSITY 7:00PM

S&C 5:15AM
S&C 6:15AM
S&C 9:15AM

THURS

FLEXIBILITY 5:00PM
S&C 6:00PM
BOOTY CLUB 6:00PM
SURFER STRENGTH 6:45PM

CONDITIONING 5:15AM
CONDITIONING 9:15AM

FRI

SAT **HIGH INTENSITY** 7:00AM



2019 PROGRAM

TRAINING SESSION DESCRIPTION

FOUNDATIONS:

Building foundations of strength, focussing on weak points and building them to ensure we remain injury free and ready for high intensity training.

HIGH INTENSITY:

High intensity full body workouts designed to burn calories and improve body composition.

S&C:

A combination of strength and conditioning work designed to scientifically build human performance.

FLEXIBILITY:

Designed to increase your mobility, range of motion and reduce tension across your body.

STRENGTH:

Focusing on gaining strength with sound technique with the goal of scientifically increasing human performance.

CONDITIONING:

Conditioning / Energy system development work designed to scientifically build human performance.

SURFER STRENGTH:

A specific program for surfers where we focus on increasing the physical demands of surfing focussing on movement, Strength and Conditioning.

BOOTY CLUB:

A female only program designed to maximise glute development and strength.

HANDSTAND CLUB:

Progressions to building your handstand by gaining upper body strength and learning new skills. (Beginners class)