

# SQUAD TIMETABLE

StudioForty6

	Mon	Tues	Wed	Thurs	Fri	Sat
6.15am		FFT Tony				
7:30am						
8.15am						FFT Tony
9.30am		FFT Dean				
10.00am			SPIN/ABS Jane			
10.30am	SPIN/ABS Erika				FFT Kirsty	
2.00pm						
6.30pm		FFT Tony				
7:00pm	FFT Lexi					
7.30pm		BOXING Nate	FFT Dean	BOXING Nate		

[For Squad Session Descriptions and Pricing - See Over Page](#)

# Squad Session Descriptions

**Boxing** - Using boxing techniques & drills you will feel the benefits of: cardio fitness, hips, butt & thigh work, core conditioning, stress relief and self defense, in an atmosphere that fosters motivation & belief.

**Spin and abs** – A session that will develop your cardio fitness using a spin bike as well as a focus on abdominal training.

**Functional Fitness Training (FFT)** –. A small group cross training session working on all components of fitness from cardio through to core conditioning. Fitness coaches will adapt the exercises to cater for all fitness levels. Each session will differ slightly from one fitness coach to the other.

	Studio Rate	Price/Class
1 <sup>st</sup> Class		\$11
Casual session	\$25	\$25
12 Pack	\$216	\$18
24 Pack	\$396	\$16.50

**\*\* Advance bookings and cancelations are essential \*\***

**Talk to us about how you can hold a permanent booking in your favorite class so you don't miss out.**

**24 hours notice is required when canceling to avoid charges.**

**All squads are 45min in duration unless stated otherwise.**

**Pack purchases should be considered SALE items and therefore not refundable or transferable.**