

CITY OF SOUTH PERTH

GROUP FITNESS CLASSES

TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15am	Bootcamp		Bootcamp		Box Fit	
7.00am						Bootcamp
7.15am	Box Fit		Yoga		Yoga	
7.30am						Yoga
6.30pm		Box Fit				
7.30pm		Yoga				

Bootcamp: the ultimate back to basics workout. The class incorporates fitness tests, fun exercises, group cardio activities and team challenges that will push you to your limits.

Box Fit: High intensity no nonsense session, heavily influenced by an authentic boxing conditioning session.

Yoga: Breath and asana practice to build flexibility and strength, leaving you centred and calm.

George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd, Karawara
9474 0855 | leisurecentre@southperth.wa.gov.au
southperth.wa.gov.au

