

Harold Holt Health Club							
Small Group Training Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 am	Squat	Upper Body Strength	Boxing Fitness	Deadlift	Cycle		
9:15 am	Upper Body Strength	Strength	Upper Body Strength	Deadlift and Squat	Core and Balance	HIIT	Strength
6:00 pm	Cycle		Cycle		Strength		
7:00 pm		HIIT		Core			



Small Group Training (SGT) is a 30-minute session run by a gym instructor. Classes are exclusive to Active Fitness and Active Complete members only, with a maximum of eight participants.