

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		
9:00 am		Strength	Upper Body Strength		Core and Balance		
9:15 am	Upper Body Strength			Deadlift and Squat		HIIT	Strength
9:45 am		Strength	Upper Body Strength		Core and Balance		
10:00 am	Upper Body Strength			Deadlift and Squat			
6:00 pm	Cycle		Cycle		Strength		
7:00 pm		HIIT (7:15pm)		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. Participants cannot book back-to-back SGT or Group Fitness classes e.g. booking a class that finishes at 9:00 am and booking a second class that starts at 9:00 am.