



Class Timetable

Commencing Tuesday 6th April 2021

Opening Hours:

Monday-Thursday: 5:00am-7:00pm • Friday: 5:00am-12:00pm

Saturday: 6:00am-9:30am • Sunday: CLOSED

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TIME	MONDAY 5am - 7pm	TUESDAY 5am - 7pm	WEDNESDAY 5am - 7pm	THURSDAY 5am - 7pm	FRIDAY 5am - 12pm	SATURDAY 6am - 9:30am
5:30am	Cycle (45 min)	Functional (30 min)	Cycle (45 min)	HIIT Combo (30 min)	Cycle (30 min)	
5:30am		Gym Blast (30 min)			Gym Blast (30 min)	
6:00am		Functional (30 min)			Functional (30 min)	
6:15am	HIIT Combo (30min)		HIIT Strong (30 min)	Cycle (30 min)		
6:15am			Gym Blast (30 min)			
7:30am						Full Throttle (30 min)
8:10am						Functional (30 min)
9:15am	Start Up Gym Combo (40min)	Total Body Workout (45min)	Step (45 min)	Start Up Functional (40min)		
10:15am		Start Up Interval Combo (30min)	Start Up Gym Blast (30min)			
5:00pm	Climb (30 min)	Functional (30 min)	HIIT Combo (30 min)	Functional (30 min)		
5:30pm	Functional (30 min)	Gym Blast (30min)	Functional (30 min)			
5:45pm				Body Blast (45 min)		
6:00pm	HIIT Strong (30 min)	Functional (30 min)	Gym Blast (30min)			
6:30pm	Keep Calm & Stretch (30 min)			Keep Calm & Stretch (30 min)		

CLASS DESCRIPTIONS

BODY BLAST -

Resistance based toning class using barbell and dumbbells.

CLIMB -

30 minute hill climb cycle workout

CYCLE -

A fast paced workout on a stationary bike.

FULL THROTTLE -

30 minute sprints cycle workout of high intensity.

FUNCTIONAL -

Workout using resistance, cardio and body weight exercises.

GYM BLAST -

30 minute resistance training using a variety of gym machines.

HIIT COMBO -

30 minute Interval based workout combining cardio and strength.

HIIT STRONG -

30 minute Interval based strength workout.

INTERVAL COMBO -

Interval based class combining cardio and strength.

KEEP CALM & STRETCH -

30 minute stretch class.

START UP FUNCTIONAL -

A class using resistance, cardio and body weight exercises for anyone new or returning to exercise.

START UP GYM BLAST -

A resistance training class for anyone new or returning to exercise using a variety of gym machines.

START UP GYM COMBO -

A class for anyone new or returning to exercise combining Start Up Gym Blast and Start Up Functional.

START UP INTERVAL COMBO -

Interval based class combining cardio and strength for anyone new or returning to exercise.

STEP -

Choreographed workout on an adjustable platform.

TOTAL BODY WORKOUT -

Low impact aerobics & step.