

CLASS DESCRIPTIONS

Box Fit:

Box Fit is a fun class for all fitness levels which aims to increase your cardiovascular fitness with boxing/kickboxing drills. It also works on your core and functional strength.

- **Boxing Drills**
- **Core Work**
- **Kickboxing Exercises**

Pilates, Stretch, Core:

Pilates, Stretch, Core is a class for all fitness levels.

It aims to create long lean muscle tone, improve posture and help relieve everyday stress.

The Class Includes the Following:

- **Core Work**
- **Flexibility Movements**
- **All Over Body Toning**

“We have your goals in our sights”

Plenty of parking at the rear of PTHQ

Opening Hours

Monday–Friday: 4.30am – 9.30pm
Saturday: 7.00am – 7.00pm
Sunday: 7.00am – 7.00pm

Crèche Hours

Monday, Wednesday Friday
9.00 -11.00pm

“There is a 1 hour limit please”



GROUP

FITNESS

TIMETABLE

98 Scarborough Beach Rd
Mt Hawthorn WA

Phone: 0437774757

E: powers77@bigpond.com

ALL CLASSES ARE 60 MINUTES UNLESS STATED OTHERWISE.

Group Fitness Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.00am							
8.30am						Pilates, Stretch, Core 8.30am – 9.15am	
9.30am	Box Fit 9.30am 10.15am		Pilates, Stretch, Core 9.30am –10.15am				
10.30am							
4.00pm							
5.25pm							
5.45pm							
6.30pm	Box Fit 6.30pm 7.15pm		Box Fit 6.30pm 7.15pm				
7.30pm							

Effective from 15TH January 2018

PTHQ STUDIO'S Group Fitness Coaches are fully trained, certified and accredited professional Coaches.