



Unleash your inner beast in this session based on core human & animal movement patterns. Movements are simple yet challenging & combine a mix of body weight mobility, stability, strength & conditioning components. A session not to be missed.



Each session is individually focused & outcome based. These sessions are ideal for the 1%ers & those looking to return from injury or rehabing.



These sessions are aimed at keeping you focused physically & mentally & is a medium intensity. Ideal for those coming back to training or recovering from a heavy training load. Combines strength & conditioning with a view to getting you back on track.



Challenge yourself with our hero session combining strength & conditioning this class operates in an atmosphere like no other. Using the latest methods & research in sports science these sessions will take you to another level.



A session for athletes who traditionally wouldn't have a strength component in their program. With a focus on injury prevention & rehab we work on improving technique through movement & activation strategies giving you performance gains in your discipline.



A stretch session open to all as we finish the week using methods from mobility matters & releasing areas we have targeted during this week's classes. Awesome way to round off the week.



We are committed to helping you take greater ownership in how you move, understanding your patterns, weaknesses, better manage pain & remove pain, once we do this we will provide feedback to help you understand the why & how so you can perform better & give you greater quality of life through the release & stretch methods we will utilise. Screening & re-screening included in class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					
	6.00AM - 7.00AM	5.30AM - 6.30AM	6.00AM - 7.00AM	5.30AM - 6.30AM	6.30AM - 7.30AM
	7.00AM - 8.15AM		7.00AM - 8.15AM	7.00AM - 8.15AM	7.30AM - 8.15AM
AFTERNOON					
4.00PM - 5.15PM	4.00PM - 5.15PM	4.00PM - 5.15PM			
5.30PM - 6.30PM	5.30PM - 6.30PM	5.45PM - 6.45PM	5.30PM - 6.30PM		
7.00PM - 8.00PM	6.40PM - 7.40PM				

FOR MORE INFORMATION CONTACT ADAM 0434 551 351

DUE TO CURRENT COVID RESTRICTIONS WE REQUIRE YOU TO BOOK IN FOR SESSIONS VIA THE APP