



zenithfitness

beyond your peak **24/7**

Zenithfitness classes – STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9.30am					YOGA	8.00am		
10.00am						8.45am		
5.30pm						9.00am		
6.00pm								
6.30pm								

Zenithfitness classes – STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am					
9.30am					
5.30pm					

Baby Sitting for kids ages 0-4yrs – 9am -10.30am Mon to Thur.
FREE for members. Bookings is essential

Zenithfitness classes – STUDIO 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45am						8.00am		
12.15am-12.45am						8.45am		YOGA
5.30pm								
6.30pm			YOGA					



Summer 2020

zenithfitness

beyond your peak **24/7**

Zenithfitness classes – STUDIO 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9.30am					YOGA	8.00am		
10.00am						8.45am		
5.30pm						9.00am		
6.00pm								
6.30pm								



















Zenithfitness classes – STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am					
9.30am					
5.30pm					

Baby Sitting for kids ages 0-4yrs – 9am -10.30am Mon to Thur.
FREE for members. Bookings is essential

Zenithfitness classes – STUDIO 3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45am						8.00am		
12.15am-12.45am						8.45am		YOGA
5.30pm								
6.30pm			YOGA					

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am					
9.30am					
12.15pm					
3.45pm					
4.30pm					
5.00pm					
5.30pm					
6.00pm					
6.30pm					



Zenithfitness BOXFIT
(Free Gym members class)

30 minutes of fun, intense and challenging classes proven to burn calories and tone muscle while incorporating boxing based activities.



Zenithfitness PUNCH FIT

30 minutes of fun, intense and challenging classes proven to burn calories and tone muscle while incorporating boxing based activities.



Zenithfitness SKILLS

Learn the skills of boxing from stance to offense and defensive skills. 60 minutes of work using every traditional means of boxing training. Suitable for all wanting to learn boxing, work alongside beginners and accomplished alike.



Zenithfitness BOX-EXPRESS

Short on time?
The Box-express is guaranteed to get your heart pumping and body burning calories in just 30 minutes.



Zenithfitness YOUTH CLASS

Zenithfitness YOUTH 5 – 9 yrs.
Zenithfitness Senior YOUTH 10+ yrs.

This programme is aimed at developing coordination, discipline, confidence, fitness and goal setting for healthy minds and bodies. 45 minutes of fun boxing-based activities. Available during school terms only.



SNAP BACK YOUTH ACADEMY

Make the team and further your skill sets with additional coaching and sparring opportunities.



SnapBACK Fight4Life

In This Corner, we use non-contact boxing inspired classes which have been proven to reverse, reduce and even delay the symptoms of Parkinson's Disease. We are learning every day that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed!



SnapBACK Community Boxing

This is a time slot, where schools and agencies can book in to have a boxing session with one of our qualified coaches.