



Small group training schedule

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We keep our groups small so we can give you the attention you deserve. Classes suitable for all fitness levels.

MON	TUE	WED	THU	FRI	SAT
Motion Fitness 5.45-6.30am		Strength 3D 6.00-6.45am	Motion Fitness Kingsley 5.45-6.30am		Strength 3D 6.45-7.30am
Golf conditioning 9.30-10.30am	ViPR & friends 9.15-10.00am	YogaFusion 9.15-10.15am	Golf conditioning 9.30-10.30am	ViPR & friends 9.15-10.00am	Motion Fitness Kingsley 7.30-8.30am
YogaFusion 6.00-7.00pm	Animal Flow 7.00-8.00pm	Motion Fitness Kingsley 6.30-7.30pm	Mobility 3D 6.00-6.45pm	SAVE BY TRAINING REGULARLY! (excluding Golf Conditioning) Group training 10 class passes are available for \$165, representing a large saving if you train regularly. Just talk to a team member or email jp@befreemlw.com.au to arrange.	
Motion Fitness Kingsley 6.30-7.30pm		YogaFusion 7.00-8.00pm			

Strength 3D (\$20): Integrated strength session using especially designed tools build your strength in a more complete way.

ViPR & friends (\$20): This session uses all the progressive training tools we have in the studio for maximum variety, fun and results.

Animal Flow (\$20): Bodyweight training designed to improve strength, mobility and fitness. Discover primal movement in a safe, adaptable, fun and rewarding program.

Mobility 3D (\$20): Bring about change in range of motion, mobility and flexibility to help improve posture, body awareness and perform better in all areas life and sport.

YogaFusion (\$20): Combining the traditional aspects of Hatha yoga, the flow and fluidity of Vinyasa yoga, and the poise and precision of Iyengar yoga.

Golf conditioning (\$25): Sports specific exercise for mature age golfers. We focus on three dimensional strength with maximum mobility to help you get an edge.

Motion Fitness with Bree (\$20): Integrating movement and fitness based training styles for strength, function and aerobic conditioning for life and sport.

BOOK ONLINE NOW! Go to www.befreemlw.com.au