

[VAULT]

Making a Difference



GROUP EXERCISE OPTIONS*

	6.45-7.15	7.15-7.45	11.30-12.00	12.00-12.30	12.00-12.45	12.30-1.00	1.00-1.30	1.30-2.00	2.00-2.30	5.30-6.00
MONDAY			BOXING	CIRCUIT	OUTDOOR WALK & RUN	KETTLEBELLS	YOGA (1.00-1.45PM)	SPIN		
TUESDAY	CIRCUIT		CORE	YOGA @ EXCHANGE TOWER (12.05-12.50)	PILATES	SPIN (12.45-1.15)	HIGH INTENSITY RESISTANCE TRAINING	POWER BAR		CIRCUIT
WEDNESDAY	YOGA (6.45-7.30)	SPIN	FITBLITZ		POWER BAR (12.10-12.55)	MACHINE CIRCUIT	YOGA @ EXCHANGE TOWER (1.05-1.50)	STEP (1.10-1.55)	BOXING	
THURSDAY	CIRCUIT		HIGH INTENSITY RESISTANCE TRAINING		PILATES	BUMS & TUMS	METAFIT			FUNCTIONAL STABILITY
FRIDAY		CIRCUIT (7.00-7.30)	BUMS & TUMS	KETTLEBELLS	STEP (12.10-12.55)	SPIN	SUSPENSION TRAINING	POWER BAR (1.10-1.55)		

* SUBJECT TO CHANGE/SESSION TIMES PROVIDED MAY APPEAR DIFFERENTLY

www.vaultfitness.com.au

Call in and check us out!

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