

Surf Sisters Express
25 mins focusing on mobility, balance, gentle strength & agility + 15 mins stretch & relax.

Strength Circuit
45 mins of full body weight training using every major muscle group.

Boxing Fitness
45 mins stress reliever. Drills & combinations with power exercises.

Dance Fitness / SWEAT
High Energy class for those music lovers looking to burn a lot of calories. Easy to follow along movement.

Tabata Fit
30 mins of interval training with combination of cardio & strength. All Levels.

Yin Yang Yoga
Start the class with strong yoga movement to help strength and mobility. Second half of class is stretching, meditation, sound bowls

Active Kids - Dance Fitness & Circuit, Ages 5-12 years

MONDAY

5.50am Strength Circuit (Sami)
9am Studio Mash Up (Sami)
3.30pm Active Kids (Sami)
5.15pm Tabata Fit (Ash)

TUESDAY

6am Dance Fitness Express (Sami)
5.15pm Active Kids
6.00pm Dance Fitness (Sami)

WEDNESDAY

6.00am Sweat
5:45pm Strength Circuit (Ash)

THURSDAY

6am Yin & Yang Yoga (Bianca)

FRIDAY

5.50am Boxing Circuit (Belle)

SATURDAY

TBC on schedule

More classes such as Surf Sisters will be popping up on the schedule as well as Saturdays. Be sure to check the schedule via WIX



DOWNLOAD OUR WIX APP
TO BOOK IN CLASSES

INVITE CODE: BBDYMW

PERSONAL TRAINING & PRIVATE EVENTS AVAILABLE



FOR MORE CLASS INFORMATION PLEASE VISIT
WWW.THEACTIVESISTERS.COM