

# LIMITLESS TIMETABLE

|            |                              |                              |                              |  |
|------------|------------------------------|------------------------------|------------------------------|--|
| <b>MON</b> | 6.00AM<br>CARDIO CRUSH       | 9.30AM<br>AQUAEROBICS        | 7.00PM<br>EXPLOSIVE STRENGTH | <b>TRAINERS</b> <ul style="list-style-type: none"><li>• Andriana</li><li>• Ashley</li><li>• Brendan</li><li>• Eli</li><li>• Georgia</li><li>• Jackson</li><li>• Ruby</li><li>• Satya</li><li>• Sullivan</li><li>• Victoria</li></ul> |
| <b>TUE</b> | 6.00AM<br>STRIKE & SWEET     | 12.15PM<br>SLOW FLOW YOGA    | 6.30PM<br>REFORMER PILATES   |  |
| <b>WED</b> | 6.00AM<br>EXPLOSIVE STRENGTH | 9.30AM<br>REFORMER PILATES   | 6.30PM<br>FUNCTIONAL FIT     |  |
| <b>THU</b> | 6.00AM<br>STRIKE & SWEET     | 5.30PM<br>BOXING             | 7.00PM<br>STRONG SQUAD       |  |
| <b>FRI</b> | 6.00AM<br>CARDIO CRUSH       | 9.30AM<br>AQUAEROBICS        |                              |  |
| <b>SAT</b> | 8.15AM<br>LESMILLS RPM       | 9.30AM<br>HIIT               | 9.30AM<br>REFORMER PILATES   | <b>INITIAL FITNESS ASSESSMENT</b><br><br>25 August to<br>31 August 2025  |
| <b>SUN</b> | 8.30AM<br>REFORMER PILATES   | 9.30AM<br>STRENGTH & RELEASE |                              |  |



# DESCRIPTIONS

## Limitless Strong Squad

a high-intensity training experience like no other. This isn't your typical workout. With explosive strength training, team-based drills, and dynamic conditioning both on land and in water (yes, fully clothed), you'll build serious grit and resilience. Be ready for the unexpected, and take your fitness to the next level.

## Strength and Release

This guided session uses foam rollers, massage balls, and slow, deep stretches to release tight muscles, ease tension, and improve how your body moves and feels. Whether you're recovering from a workout or unwinding after a busy week, it's the perfect way to relax and restore. Suitable for all levels.

## Explosive Strength

is a bodyweight-only session designed to build power, speed, and control—no equipment needed. You'll work through explosive, full-body movements that improve strength, balance, and coordination. Every exercise can be adjusted to your level, whether you're just starting or ready to go all in. It's you versus you, expect to move with purpose and leave feeling stronger, lighter, and more confident in every step.

## Strike and Sweat

Strike & Sweat is a high-energy boxing-inspired workout that combines punches, fast footwork, and bodyweight drills. Build strength, fitness, and confidence as you move through shadowboxing, pad work, and conditioning circuits. No experience needed just gloves, energy, and the will to push yourself. It's full-body training that leaves you stronger, sharper, and ready to take on anything.

## Cardio Crush

Boost your fitness and energy in this low-impact cardio workout using machines like treadmills, rowers, bikes, and cross-trainers. Rotate through guided intervals at your own pace to improve heart health and endurance. Great for all fitness levels, full-body, energising, and joint-friendly.



# DESCRIPTIONS

## Functional Fit

Train with purpose and move with power in this full-body, high-energy workout. Function Fit blends kettlebells, battle ropes, bands, and more to build strength, agility, and mobility through real-life movement patterns. Whether you're training for sport or daily life, this class will leave you stronger, faster, and ready for anything.

## Explosive Strength

Discover the strength of your own body with Limitless Strength, a high-energy, bodyweight-only workout designed to build power, speed, and control. With movements like push-ups, squats, and core work, this class is for all levels and focuses on functional strength, stability, and endurance. No equipment, just you and your breakthrough.