



APRIL 2018 / TIMETABLE STARTS TUESDAY 3 APRIL UNTIL 27 MAY

TIMETABLE

AS WE GET MORE MEMBERS WE WILL ADD MORE CLASSES!

MON

HNRCircuit45
LARISSA
5.45AM

HNRCardio30
TROY
5PM

HNRCardio40
MEL
6.15PM

TUES

HNRShred30
MELANIE
10.30AM

HNRCircuit45
MEL
5.30PM

WED

HNRShred30
KIM.K
6AM

HNRBox30
TROY
4.30PM

HNRCircuit40
SARAH
6.15PM

THUR

HNR30
Intensive Weights
SHANE
5.45PM

HNRBox40
STEVE
6.15PM

FRI

HNR45Mix
TYLER
5.45AM

HNRCardio30
MEL
10.30AM

HNR30
Intensive Weights
SHANE
5PM

SAT

HNR HIIT
MEL
9AM

SUN

HNR45
TYLER
9AM

MEMBERSHIPS FROM \$17.95

10 VISIT PASSES AVAILABLE!

Includes unlimited access to HNR classes plus unlimited FREE training 24/7 at HNR

Book your PT sessions at HNR with **Troy, Shane, Rhiannon, Mel & Tyler** today

