

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6PM MAXOUTDOOR 7PM MAXBOOTY	2 5.30am MAXSWEATMASTER 6.15PM MAXKNOCKOUT	3 7PM BUTTZ,GUTZ,HIIT	4 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	5 6AM MAXKNOCKOUT	6 8AM TOUR DE MAX 8.45AM MAXABBADABBAS
6 9.30AM MAXSWEATMASTER	7 6PM MAXOUTDOOR 7PM MAXBOOTY	9 5.30am MAXSWEATMASTER 6.15PM MAXKNOCKOUT	10 7PM BUTTZ,GUTZ,HIIT	11 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	12 6AM MAXKNOCKOUT	13 8AM TOUR DE MAX 8.45AM MAXABBADABBAS
13 9.30AM MAXSWEATMASTER	14 6PM MAXOUTDOOR 7PM MAXBOOTY	16 5.30AM MAXSWEATMASTER 6.15PM MAXKNOCKOUT	17 7PM BUTTZ,GUTZ,HIIT	18 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	19 6AM MAXKNOCKOUT	20 8AM TOUR DE MAX 8.45AM MAXABBADABBAS
20 9.30AM MAXSWEATMASTER	21 6PM MAXOUTDOOR 7PM MAXBOOTY	23 5.30AM MAXSWEATMASTER 6.15PM MAXKNOCKOUT	24 7PM BUTTZ,GUTZ,HIIT	25 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	26 6AM MAXKNOCKOUT	27 8AM TOUR DE MAX 8.45AM MAXABBADABBAS
27 9.30AM MAXSWEATMASTER	28 6PM MAXOUTDOOR 7PM MAXBOOTY	30 5.30AM MAXSWEATMASTER 6.15PM MAXKNOCKOUT	31 7PM BUTTZ,GUTZ,HIIT			
CLASS	LENGTH	DESCRIPTION				
MAXSWEATMASTER	45min	15min of intervals on spin bikes followed by 15min of; anaerobic cardio, weight training, core work and finished off with 15min on bike. Burns mega calories.				
TOUR DE MAX	45min	A complete cycling and conditioning class. A mix of sprints, hill climbs and interval work that resembles le tour.				
MAXABBADABBAS	30min	Core class designed to improve both the functionality of the trunk and the aesthetics we all desire.				
MAXBOOTY	30min	Intensive 30min class with focus on strengthening and hardening your glutes and legs.				
MAXKNOCKOUT	45min	Improving boxing technique through drills and pad work. This class improves core strength, cardio fitness, agility and speed. Suitable to all fitness levels.				
MAXOUTDOORS	45min	Daily dose of vitamin D, with intense cardio training. Predominately on grass for low impact.				
MAXBUTTZANDGUTZ	45min	A strengthening and hardening of glutes and legs combined with core strength training				
BUTTZ,GUTZ,HIIT	45min	15mins of glute and leg conditioning, 15mins of trunk/core conditioning, 15mins of HIIT cardio. A complete body conditioning session				