

SEPTEMBER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1 9.30AM MAXSWEATMASTER	2 6PM MAXOUTDOOR 7PM MAXBOOTY	3 5.30am MAXSWEATMASTER 6.15PM MAXKNOCKOUT	4 7PM BUTTZ,GUTZ,HIIT	5 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	6 6AM MAXKNOCKOUT	7 8AM TOUR DE MAX 8.45AM MAXABBADABBAS							
8 9.30AM MAXSWEATMASTER	9 6PM MAXOUTDOOR 7PM MAXBOOTY	10 5.30am MAXSWEATMASTER 6.15PM MAXKNOCKOUT	11 7PM BUTTZ,GUTZ,HIIT	12 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	13 6AM MAXKNOCKOUT	14 8AM TOUR DE MAX 8.45AM MAXABBADABBAS							
15 9.30AM MAXSWEATMASTER	16 6PM MAXOUTDOOR 7PM MAXBOOTY	17 5.30AM MAXSWEATMASTER 6.15PM MAXKNOCKOUT	18 7PM BUTTZ,GUTZ,HIIT	19 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	20 6AM MAXKNOCKOUT	21 8AM TOUR DE MAX 8.45AM MAXABBADABBAS							
22 9.30AM MAXSWEATMASTER	23 6PM MAXOUTDOOR 7PM MAXBOOTY	24 5.30AM MAXSWEATMASTER 6.15PM MAXKNOCKOUT	25 7PM BUTTZ,GUTZ,HIIT	26 7AM MAXBUTTZANDGUTZ 7PM MAXKNOCKOUT	27 6AM MAXKNOCKOUT	28 8AM TOUR DE MAX 8.45AM MAXABBADABBAS							
29 9.30AM MAXSWEATMASTER	30 6PM MAXOUTDOOR 7PM MAXBOOTY												
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											