SMALL GROUP PT TIMETABLE

PERTH HPC GYM

Small Group Personal Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am **BoxFit**	6:30am - 7:15am **Strength & Mobility**	6:00am - 6:30am **HIIT Fitness**	6:30am - 7:15am **Strength & Mobility**	6:45am - 7:30am **BoxFit**	7:00am - 7:55am **HYROX Training Club**	8:30am - 9:00am **HIIT Fitness**
7:30am - 8:00am **Functional Circuit**	7:30am - 8:00am **Functional Circuit**	7:30am - 8:00am **Functional Circuit**	7:30am - 8:00am **Functional Circuit**	7:30am - 8:00am **Functional Circuit**	7:35am - 8:05am **Functional Circuit**	9:00am - 9:45am **Strength & Mobility**
8:30am - 9:00am **Functional Circuit**	8:00am - 8:30am **Functional Circuit**	8:30am - 9:00am **Functional Circuit**	8:00am - 8:30am **Functional Circuit**	8:30am - 9:00am **Functional Circuit**	8:05am - 8:50am **Strength & Mobility**	
9:00am - 9:45am **Strength & Mobility**	8:30am - 9:15am **Strength & Mobility**	9:00am - 9:45am **Strength & Mobility**	8:30am - 9:15am **Strength & Mobility**	9:00am - 9:45am **Strength & Mobility**		
6:00pm - 6:55pm **HYROX Training Club**		9:45am - 10:30am **BoxFit**	6:00pm - 6:55pm **HYROX Training Club**			
		6:00pm - 7:00pm **RUN Club**				

SGPT
Strength & Conditioning Studio

HYROX Training Club
Aquatics Conditioning Room

RUN Club
WA Athletics Stadium
Meet at Perth HPC main entrance

Sessions are capped, so bookings are required to secure your place. Please provide at least 24 hours' notice for cancellations or changes. Book, manage or cancel sessions via the Customer Portal.

DID YOU KNOW?

When you upgrade to Small Group Personal Training, you get more than just Small Group Personal Training sessions.

- **Small Group Coaching**
  Maximum 8 participants per session for greater support, accountability and results.
- **HYROX Training Club included**
  Performance-focused training to build strength, endurance and confidence.
- **RUN Club included**
  Train with like-minded members and stay motivated together.

Train together. Achieve more.

Class times may vary due to events or public holidays. For the latest Reformer Pilates timetable visit perthhpc.com.au/gym

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