CRUNCH CLASS TIMETABLE – 2026

BOOK CLASSES VIA THE GYM MASTER APP / ONLINE UP TO 3 DAYS PRIOR

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TIME	OPEN 6am	OPEN 6am	OPEN 6am	OPEN 6am	OPEN 6am	OPEN 7am	OPEN 8am
6am	RIG 45 Annette	CIRCUIT WORKOUT Annette	CYCLE Annette	CYCLE Jo	BODYFIRM Jo	OUTDOOR RUN/WALK Annette	
7am	CYCLE Annette		BARBELL STRENGTH Annette		HIIT 45 Kirby	BODYFIRM Nick	
			7.45am RIG 45 Nick			8.00am RIG 45 Nick	
8am	BODYSHAPE Annette	ABS BUTTS THIGHS Manal		*NEW* CIRCUIT WORKOUT Milan	BODYSHAPE Annette	CYCLE Mary	CYCLE Mary
						8.45am RIG 45 Josh	
9am	BODYFIRM Nick	BODYSHAPE Manal	BODYFIRM Nick	ABS BUTTS THIGHS Milan	BODYSHAPE Annette + LIVE STREAM	BODYFIRM Nick	BODYFIRM Nick
10am	10:30am PILATES Lindsey + LIVE-STREAM	PILATES Sareena + LIVE STREAM	PILATES Lindsey + LIVE-STREAM	BODYTONE Milan	YOGA VINYASA SLOW FLOW Annette + LIVE STREAM	PILATES Fiona +LIVE STREAM	RIG 45 Nick
	10.10am RIG 45 Andrea (EP)		10.15am INTRO TO WEIGHTS GYMFLOOR Judy (EP)		10.30 & 11.30am INTRO TO WEIGHTS GYMFLOOR Robbie	10.15am INTRO TO WEIGHTS GYMFLOOR Josh (EP)	
11am	11:30am YOUNG AT HEART Annette	ZUMBA Claudio	ZUMBA Alfonso *NEW* YOUNG AT HEART Annette	PILATES Deb + LIVE STREAM	ZUMBA Claudio	ZUMBA Zita	
12.45pm					YOUNG AT HEART Robbie		
3pm			4pm INTRO TO WEIGHTS GYMFLOOR Andrea (EP)			PILATES YOGA FUSION Annette + LIVE STREAM	2:45pm YIN YOGA Lauren
5pm	PILATES Lindsey + LIVE-STREAM 5.15pm RIG 45 Nick	4.45pm BODYFIRM Nick	BODYFIRM Kirby	BODYSHAPE Kirby	5.30pm YOGA VINYASA SLOW FLOW Annette + LIVE STREAM		
6pm	BODYFIRM Nick	HIIT GLUTES + CORE Josh	PILATES Deb + LIVE STREAM	ZUMBA Diego + LIVE STREAM			
7pm	ZUMBA Claudio	YOGA VINYASA FLOW Eleanor		RESTORATIVE YOGA/SOUND Michelle			
Creche	8.50-12	8.50-12	8.50-12	8.50-12	8.50-12	8am – 12pm	
CLOSE	9pm	9pm	9pm	9pm	7pm	6pm	4pm

Contact Details - 9518 1588 info@crunchfitness.com.au www.crunchfitness.com.au Basement Level MarketPlace Leichhardt	Mon – Thurs Friday Saturday Sunday	6am – 9pm 6am – 7pm 7am – 6pm 8am – 4pm	Creche Monday – Friday Saturday	Hours 8.50am – 12pm 8am – 12pm

NO ENTRY once class has started!

Bring a towel to the gym on every visit. Be set-up and ready to begin your class on time – Classes & Instructors may change due to unforeseen circumstances. Beginners welcome to all classes! Please advise instructor if you are new to the class or have any injuries or conditions which may need to be monitored.

CLASSES & DESCRIPTIONS

FUNCTIONAL STRENGTH WORKOUTS	
HIGH INTENSITY INTERVAL TRAINING (HIIT) 50 MINS	A training technique where you exercise above 80% of your Maximum Heart Rate, through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories.
RIG – Functional Circuit 45 MINS	An interval-training style of fitness session that will challenge your strength, stamina and core! With modifications available for all fitness levels, injuries, strengths and abilities, The RIG is designed to test your limits in order to achieve max results.
CARDIO CLASSES	
CYCLE 50 MINS	Challenging power riding choreographed to music (flat road / uphill / sprints / tabata interval training) increasing your endurance, core strength & fitness levels. Walk out feeling pumped with a sense of achievement.
ZUMBA 50 MINS	Ready to party! Get into great shape. Enjoy this fun Latin inspired calorie burning dance class. Workout to energizing rhythms & beats. This easy-to-follow class will have you forgetting that you're even at the gym!
RAW RUNNERS & WALKERS - 60 MINS	Enjoy a 60 min run/walk outside exploring different parts of Sydney. Runners clock approx. 6-10kms as they double back to meet the walkers. No better way to start the weekend! Location in app when booking.
STRENGTH & TONE	
BODYFIRM 50 MINS	A non-impact class using barbells, light weights and repetition. A great all over toning workout for all ages and fitness levels. Choreographed to music using functional traditional strength training.
BODYSHAPE 50 MINS	A full-body session that targets all of the major muscle groups, designed to firm up and tone the body, with much focus on our core, using a variety of equipment – weights, barbells, steps and core balls. Combine strength and movement exercises to produce muscle, burn fat and increase your metabolism to help maintain a healthy body weight. This class is great for ALL levels of fitness and will leave you feeling energized and your whole-body aching for more!!!
BARBELL STRENGTH 50 MINS	Guidance, safety precautions and a commitment to progression – strength training will enable you to perform compound exercises that engage muscle groups simultaneously, leading to a more efficient workout – experience an increase in muscle mass, strength and overall body composition.
BODY TONE 50 MINS	A structured Strength & Conditioning class using barbells, plates, and occasional bodyweight or bench work. Designed to build lean muscle and definition, each session follows a block-based format targeting glutes, core, upper body, and more. With varied tempos and weekly progressions, you'll lift with purpose — no fluff, just results.
YOUNG AT HEART (over 55). 50 MINS	Designed for our more mature ladies who want to have fun, feel energised, increase strength, balance & flexibility by using light upper and lower body weights. Suitable for all levels of fitness & mobility. This class is not choreographed to music. $10 per class for non- members (over 55).
STRENGTH & CARDIO	
CARDIO & CORE 50 MINS	An invigorating cardio & weight training class with challenging workouts to condition & strengthen your whole body. A fun & interactive class where you can feel the calories burning off. Each instructor brings a different style & training session.
MIND & BODY	
PILATES 50 MINS	Focus on postural alignment, activating the core muscles, Pilates will strengthen, tone and connect the body through breath and movement. This class must be included in your weekly workout & movements are adapted to suit all levels.
VINYASA SLOW-FLOW YOGA 60 MINS	Slow flow movement focusing on alignment, balance and breathing with guidance in meditation and relaxation techniques. A welcoming and comfortable environment to modify and enhance each pose, based on individual needs, while enabling a thorough understanding of the important concepts of Yoga. Open to all levels.
YIN YOGA 60 MINS	YIN yoga works on the deep, dense connective tissues and joints in the body and consists of a series of long-held poses. Slow and easy to follow, focusing on stillness and deep breathing.
PILATES/YOGA FUSION 50 MINS	A balance of yoga & Pilates. Builds strength, stability, core, flexibility & relaxation. Pilates & Yoga are both transformational methods that focus on mind, body & spirit.
RESTORATIVE YOGA with SOUND 60 MINS	Restorative yoga encourages physical, mental and emotional relaxation. Slow moving postures focusing on long holds, stillness and deep breathing. Appropriate for all levels. Singing Bowls add sound therapy for Chakra balance and deep meditation.
YOGA RESTORE & MEDITATE **1st Saturday of month**	Practicing meditation and restorative in combination allows the yogi to go deeper into both, leaving you feeling more refreshed, relaxed and renewed at the end of class. We use bolsters and blocks to open up the body - allowing any body shape to be adapted to the poses . Appropriate for all levels.

75 Mins	