



Zone Performance Coaching

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Monday	6:15am <i>Endurance Fitness</i>	9:30am <i>Endurance Fitness</i>	6:00pm <i>Speed & Agility</i>	7:00pm <i>Functional Strength & Stability</i>
Tuesday	6:15am <i>Speed & Agility</i>	9:30am <i>Speed & Agility</i>	6:30pm <i>Combat Fitness</i>	
Wednesday	6:15am <i>Power & Strength</i>	9:30am <i>Power & Strength</i>		
Thursday		9:30am <i>Functional Strength & Stability</i>	6:00pm <i>Endurance Fitness</i>	7:15pm <i>Power & Strength</i>
Friday	6:15am <i>Functional Strength & Stability</i>		5:30pm <i>X-Zone Fitness</i>	
Saturday	7am <i>Endurance Fitness</i>	8:30am <i>Speed & Agility</i>	9:30am <i>Power & Strength</i>	

Endurance Fitness – Improve your aerobic capacity. Experience the benefits of sustaining pace over distance. Stay stronger for longer.

Speed & Agility – Fast paced, sprint and high intensity interval training (HIIT) workouts to boost your anaerobic threshold, promote strength, speed and power.

Power & Strength – Build strong lean and responsive muscles through focused body weight and resistance training exercises. Sculpt and strengthen your body through controlled movements with added resistance.

Combat Fitness – Combine the benefits of cardio and strength focused workouts through controlled boxing and self defence moves.

Functional Strength & Stability – Activate, engage and train your 'core foundations' for improved posture, power and freedom of movement. Experience the benefits of functional strength training.

X-Zone Fitness – Based on the principles of Metabolic Conditioning, take your training to the next level with this combined HIIT and strength focused workouts. Challenge your boundaries and embrace the fast paced, intense and explosive nature of X-Zone Fitness.