

Entrance is on Elder St
ALICE SPRINGS NT 0870

PH: 0428 286 737

E: stevegtraining@gmail.com

LIKE us on Facebook!

<https://www.facebook.com/gtraininghealthandfitness/>

Web: <http://gtraining.net.au/>



HEALTH & FITNESS
STRIVING FOR HOLISTIC HEALTH

GROUP FITNESS CLASSES

BOXING

AMATEUR BOXING

HIIT (HIGH INTENSITY INTERVAL TRAINING)

PERSONAL TRAINING

YOUTH CLASSES

MENTORING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM-6:45AM	BOXING (Conditioning)	Personal Training 6:30AM ONWARDS	HIITBOX CIRCUIT (S&C)	Personal Training 6:30AM ONWARDS	BOXING (Conditioning)	
8AM						BOXING (Conditioning)
4PM-4:45PM	JUNIOR BOXING		JUNIOR BOXING			
5:15PM	HIIT (Strength)	BOXING (Conditioning)	HIIT (Strength)	BOXING (Conditioning)	HIIT (Strength)	

