



FITNESS

FOR EVERYBODY



Group Indoor Classes



Personal Trainers



Classes Each Week

Start Today!

SIGN UP NOW AT

WWW.HANSENFITNESS.COM.AU/SPECIALS

*\$29 per week unlimited group classes, no lock in contracts. Saving of \$6 per week.

*\$49 per week unlimited group classes, month to month no contract. Plus 1 x PT per week (saving \$260)

JOIN NOW

From
\$29

PER WEEK*



1/9 Warehouse Place
Unanderra



JOIN NOW

From
\$29

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 Saving of \$6 per week.

*\$49 per week unlimited group classes, month to month no contract. Plus 1 x PT per week (saving \$260)

PER WEEK*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM					8:25 AM
CIRCUIT Express 30 min	AMRAP Express 30 min	TABATA Express 30 min	CIRCUIT Express 30 min	TABATA Express 30 min	CIRCUIT Express 30 min
9:30 AM					9:00 AM
TABATA Express 30 min	CIRCUIT Express 30 min	AMRAP Express 30 min	TABATA Express 30 min	BOXING Express 30 min	TABATA Express 30 min
4:30 PM					<div style="background-color: #90EE90; padding: 10px; text-align: center;"> <p>NO CLASS BOOKING JUST TURN UP!</p> </div>
TABATA Express 30 min	TABATA Express 30 min	CIRCUIT Express 30 min	CIRCUIT Express 30 min		
5:05 PM					
AMRAP Express 30 min	BOXING Express 30 min	YOGA STRETCH Express 30 min	TABATA Express 30 min		
5:45 PM					<div style="background-color: #00AEEF; color: white; border-radius: 50%; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center;"> <p>SIGN UP ONLINE OR IN PERSON!</p> </div>
TABATA Express 30 min	CIRCUIT Express 30 min	TABATA Express 30 min	CIRCUIT Express 30 min	BARBELL Express 30 min	
6:20 PM					
YOGA STRETCH Express 30 min	BARBELL Express 30 min	CORE Express 30 min			

