



hello@hansenfit.com







**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)

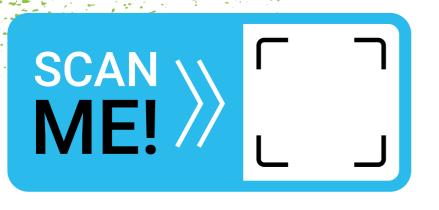
JOIN NOW

FOR EVERYBODY

PER WEEK\*

1/9 Warehouse Place Unandérra

Circuit | AMRAP | Tabata | Boxing | Yoga Stretch | Barbell | Core



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## **PER WEEK\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM					8:25 AM
h CIRCUIT	h AMRAP	h TABATA	h CIRCUIT	h TABATA	h CIRCUIT
Express 30 min	Express 30 min	Express 30 min	Express 30 min	Express 30 min	Express 30 min
9:30 AM					9:00 AM
h TABATA	🔒 CIRCUIT	h AMRAP	h TABATA	h BOXING	h TABATA
Express 30 min	Express 30 min	Express 30 min	Express 30 min	Express 30 min	Express 30 min
4:30 PM					
h TABATA	h TABATA	🔒 CIRCUIT	h CIRCUIT		NO CLASS BOOKING
Express 30 min	Express 30 min	Express 30 min	Express 30 min		JUST TURN
5:05 PM					UP!
h AMRAP	<b>BOXING</b>	H YOGA STRETCH	h TABATA		
Express 30 min	Express 30 min	Express 30 min	Express 30 min		SIGN UP
5:4 <b>5 PM</b>					ONLINE OR IN PERSON!
h TABATA	🔒 CIRCUIT	h TABATA	h CIRCUIT	<b>BARBELL</b>	
Express 30 min	Express 30 min	Express 30 min	Express 30 min	Express 30 min	
6:20 PM					hansen
H YOGA STRETCH	<b>BARBELL</b>	<b>h</b> CORE			FITNESS
Express 30 min	Express 30 min	Express 30 min			