

TIMETABLE | BUILD YOUR PROGRAM

TIMES / DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:45am	Strength & Conditioning		AA (Abs&Arse)™		Strength & Conditioning	
5:15-5:45am		Advanced H.I.I.T		Advanced H.I.I.T		
6:00-6:45am	H.I.I.T	Power Circuit	H.I.I.T	Power Circuit	Boxing	
6:00-7:00am	Boot Camp		Boot Camp		Boot Camp	
7:15-8:00am						Power Circuit
8:00-8:30am						Battle Abs
9:30-10:15am	AA (Abs&Arse)™		Power Circuit		Body Burn	

6:15-7:00pm	H.I.I.T	Strength & Conditioning	Boxing	Strength & Conditioning
7:00 – 7:30pm		Battle Ropes		Battle Ropes
7:00-7:45pm	AA (Abs&Arse)™			
7:00-8:00pm				



For detailed information about any of these classes please visit our website www.hanleysfitness.com.au or call the studio on 5975 2435. Studio located at: 6 Sophie Court Mornington 3931



BOOT CAMP (FITNESS/STRENGTH)

Each session is different from the previous session so you will never do the same class twice. Our sessions are thoroughly planned, varied, professional, exciting and tough!

Hanley's Bootcamp is proven to get you serious results in a seriously short time frame and is a must in any cross training program.

POWER CIRCUIT (STRENGTH/RESISTANCE)

It takes more than just cardio to get that toned fit look! Hanley's Power Circuit program is a time efficient 45 min program which focuses on muscle strength, tone and fat loss. The combination of weight training and cardio is critical to the success changing the shape of your body and reducing overall body fat.

HIIT TRAINING (FITNESS)

High intensity interval training is great for people that want a tough but intense workout in a short amount of time. High intensity interval training uses compound movements with bursts of cardio training to burn serious calories and gets you fit fast.

ADVANCED HIIT TRAINING (FITNESS)

Exactly as the name suggests, this form of training is an advanced form of HIIT and not for the novice. These sessions run for 30 minutes and will make you hurt, feel the burn and gasp for air. This is for those who want to take their training to the next level.

BODY BURN (CORE / GLUTES/RESISTANCE)

Who doesn't want to feel the burn when training. This program is a tough 45 min workout especially designed to get your heart racing and your body burning!

BATTLE-ROPE TRAINING (FITNESS / STRENGTH / CORE)

Not for the faint hearted, the major benefit of this heart pumping mix of training is the application of upper body power combined with endurance. Originally developed for specific combat sports such as MMA, our battle rope training brings a new twist to your fitness routine.

BOXING (FITNESS /CORE)

Hanley's Boxing will teach you all you need to know about Cardio Boxing. You don't need any experience, but you do need a big heart! During each session our Boxing Instructor will push you to work at your limit, all whilst helping you build upper body strength, cardio fitness and endurance. You can easily burn up to 1000 calories in a session.

STRENGTH & CONDITIONING (STRENGTH)

Is a new class at Hanley's Fitness, which uses only the weight of your body to effectively and conveniently maximize your training routine. You will be amazed at the workout you can achieve by using your body weight to stimulate your muscle conditioning. These sessions are held indoors or outdoors and last a solid 45 minutes.

YOGA (VINYASA FLOW) – CORE & STABILITY BASED

Practice health and relaxation through breath control, simple meditation, and the adoption of specific bodily postures.

ABS & ARSE (CORE)

Who doesn't want tight abs and a tight arse? This program is a tough 45 min workout especially designed to get your heart racing and your abs and arse burning!

BATTLE ABS (FITNESS/STRENGTH/CORE)

A high intensity abs and Battle ropes session, delivering fitness, weight lost and core strength, this class has it all.