

ELLIOTT'S PT

Class timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STRENGTH FIT 5:00 - 6:00 AM	BUILD STRONG 5:00 - 5.45 AM	MASH MIX 5:00 - 6:00 AM	METAFIT 5:00 - 5.30 AM	STRENGTH FIT 5:00 - 6:00 AM	MASH MIX 6:00 - 7:00 AM
STRENGTH FIT 9:00 - 10:00 AM	CIRCUIT 9:00 - 10:00 AM	MIGHTY FIT 9:00 - 10:00 AM	MASH MIX 9:00 - 10:00 AM	STRENGTH FIT 9:00 - 10:00 AM	MUSCLE & MATES all MENS class 7:00 - 7:45 AM <i>(\$58 - 1 week unlimited classes)</i>
DROP IN CIRCUIT 4:00 - 5:00 PM	DROP IN CIRCUIT 4:00 - 5:00 PM	DROP IN CIRCUIT 4:00 - 5:00 PM	DROP IN CIRCUIT 4:00 - 5:00 PM		
YOGA 5:00 - 6:00 PM	MOVE STRONG 5:00 - 6:00 PM	FLEXI FIT 5:00 - 6:00 PM	MOVE STRONG 5:00 - 6:00 PM		
	MUSCLE & MATES all MENS class 6:00 - 7:00 PM <i>(\$58 - 1 week unlimited classes)</i>		MUSCLE & MATES all MENS class 6:00 - 7:00 PM <i>(\$58 - 1 week unlimited classes)</i>		



2 Hawthorn Ct, Buderim, QLD,
4556 Australia

P: 0421180554

E: renae@elliotts-pt.com



www.elliotts-pt.com

Classes

CORE FLEXI FIT

30 mins session-main focus on rebuilding core strength and flexibility. Gaining strength from inside out.

MIGHTY FIT

45 mins session - A combination of boxing and body weight exercises you need to bring your own gloves & pads

METAFIT

is a 30-minute, bodyweight-only, non-choreographed, high-intensity interval training (HIIT) workout. Which boost metabolism and pushes your fitness to new heights

MASH MIX

A mixture of all our sessions & about more. we use a combination of weights, boxing, HIIT Core to keep your body guessing and gaining strength.

CIRCUIT

1 hr session - A strength circuit using combination of weights, cardio HIIT. Designed to target all areas and all fitness level

STRENGTH FIT

A hour session that is a combination of weights, cardio focusing on building your strength. Strengthfit30 is a 30 minute session

MOVE STRONG

A class blending mobility/flexibility work, essential strength, core building and balance practice. Medium intensity and low impact. Designed for:-
-Those new, or returning to, exercise -Postpartum mums -Older adults
-Those working with injuries or restricted movement -Anyone who wants or needs a more gentle workout.

BUILD STRONG

A class focused on building strength. Working with the low rep ranges and heavy weights. This approach is optimal way to build muscle mass.

YOGA

In this 60-minute session, you will experience a harmonious blend of breath, movement, and mindfulness. Our certified yoga instructor will guide you through a series of dynamic poses and flowing sequences, helping you cultivate strength, flexibility, and balance.



2 Hawthorn Ct, Buderim, QLD,
4556 Australia

P: 0421180554

E: renae@elliotts-pt.com



www.elliotts-pt.com