

# Body Blitzer Fitness Centre – BOOTCAMP Timetable 2021

Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
5:30-6:00am			SUPER SPIN		SUPER SPIN	
6:00-6:30am					THE BIG SHED	
6:00-7:00am	ULTIMATE FITNESS CAMP		ULTIMATE FITNESS CAMP		ULTIMATE FITNESS CAMP	
6:30-7:00am	THE BIG SHED	BASIC BOOTCAMP	THE BIG SHED	BASIC BOOTCAMP	BASIC BOOTCAMP	
7:00-7:30am	FRANK'S FUNCTIONAL FITNESS		FRANK'S FUNCTIONAL FITNESS		FRANK'S FUNCTIONAL FITNESS	
8:30-9:30am						VARIETY BOOTCAMP
9:00-9:30am	CROSS BLITZ	CROSS BLITZ	CROSS BLITZ	CROSS BLITZ	CROSS BLITZ	
9:30-10:00am	BUBS BOOTCAMP		BUBS BOOTCAMP		BUBS BOOTCAMP	
5:30-6:00pm	BASIC BOOTCAMP	BASIC BOOTCAMP		BASIC BOOTCAMP		
6:00-6:30pm		SUPER SPIN		SUPER SPIN		

**Note:**

- Centre hours: 6:00am-7pm Mondays to Thursdays. 6:00am to 3:00pm on Fridays. 8:30-9:30am on Saturdays. Closed on Sundays and public holidays (missed sessions from public holidays can be made up by attending ANY other program session).
- Bring a sweat towel and water bottle to every session.
- Boot camp SUPER PACKS (access to any/all programs, excluding personal training) are available for 12 months (\$1299), six months (\$715) and three months (\$390). Payment plans available.
- Casual visits (gym use or boot camp session) is \$15 per visit.
- School students, uni students, healthcare card holders and corporate discounts: 10% off advertised prices.

**Frank's Functional Fitness:** Body Blitzer's most advanced four-week group training program. it incorporates movement patterns like: pushing, pulling, hinging, squatting, rotating, carrying and gait patterns. This is the perfect balance of strength and conditioning, a workout which will help you to get stronger and lose weight while feeling and looking fitter. A morning and evening option (evening opting currently not offered) is available. Cost: \$225. Book and pay before the start and get the program for \$119.

**Basic Bootcamp:** Everyone has to start somewhere. If you're looking to kick start your health and fitness, this 'entry level' program will be ideal for you. Take a step towards a healthier you with our new, fun and progressive indoor four-week boot camp. Feel the benefits of increased fitness as your energy levels increase and your new appearance draws compliments from friends. Get in. Get fit. Get on with life. A morning and evening option is available. Cost: \$225. Book and pay before the start and get the program for \$119.

**Bubs Bootcamp:** This six-week program caters specifically for mums who have recently had a baby and are looking to get back into a regular, structured exercise program. Bring your baby with you and get fit. A new, fun, challenging and progressive indoor program for mothers. Get fit with your baby and regain you pre-pregnancy body. It doesn't get easier, you just get better. Cost: \$275. Book and pay before the start and get the program for \$179.

**Cross Blitz:** Feel energised, motivated, strong, capable and confident with this four-week program which is progressive, taking you from your current fitness to a much greater level of conditioning. Each session runs for 30 minutes. A new mid-morning fitness boot camp incorporating a variety of proven fitness training methods. Attend any three of the five sessions offered each week. Fast. Convenient. Affordable. Cost: \$225. Book and pay before the start and get the program for \$119.

**Super Spin** Body Blitzer's newest four-week program. A fun, dynamic bike riding simulation mixed with various floor exercises class which is perfect for all age and fitness levels. This effective cardio class will have you burning calories and building muscle tone right before your very eyes! AM and PM options available Cost: \$220. Book and pay before the start and get the program for \$112.

**The Big Shed:** A 10-week challenge. Shed unwanted kilos and gain fitness while working out and having fun in Frank's big shed. Move it to lose it. The format is non-threatening, friendly, fun and progressive. Regular assessments to monitor progress, nutritional guidelines and accountability checks to keep you motivated and on track. Lose 10kg in 10 weeks or your money back! You risk NOTHING, except dropping 10kg! Conditions apply. Cost: \$435. Book and pay before the start and get the program for \$295.

**Ultimate Fitness Camp** (UFC): The six-week UFC indoor program is a low tech, high effort, full body workout. The program is progressive, taking you from your current fitness to a much greater level of conditioning. Set a new goal now with our new UFC program – Ultimate Fitness Camp. Join our exciting, fun, challenging boot camp based on outdoor training, cross fit and mixed martial arts training methods. Fit and strong happens when you run out of weak. Cost: \$275. Book and pay before the start and get the program for \$199.

**Variety Bootcamp:** A one hour program offered every Saturday morning. It's free to all clients currently enrolled in a program at Body Blitzer. The casual rate to attend is \$15/session.