



M	T	W	T	F	S	S
7.00AM HIIT	7.00AM HIIT	6.30AM OUTDOOR	7.00AM HIIT	7.00AM HIIT	8.45am HIIT Skills	
					9.00AM HIIT	
12.30 HIIT		12.30 HIIT		12.30 HIIT		
6:30PM HIIT	6:00PM HIIT	6:00PM HIIT	6:00PM HIIT			

TEAM HIIT: 30mins, HIGH Intensity Interval Training – spice up your training, use equipment like kettlebells, dumbbells, medballs and TRX suspension – fast, fun and motivating, a great addition to your workout week. Want a technique check before your start? HIIT Skills on Sat 8.45am. Outdoor training is held at Moore Park Mt Steel

Small Group Personal Training

M	T	W	T	F	S
6.15am SPARTAN	6.15am STRENGTH	6.30AM OUTDOOR	6.15am STRENGTH	6.15am X-TRAINING	9.00AM STRENGTH
					10.30AM X-TRAINING
	12.30pm STRENGTH		12.30pm STRENGTH		
6.00PM X-TRAINING	5.30PM STRENGTH	6.00pm STRENGTH	5.30pm X-TRAINING		
	6.30pm STRENGTH	6.45PM MOVEMENT	6.30pm STRENGTH		

OUR SMALL GROUP TRAINING SESSIONS are groups of 2-8 people and emphasise functional weight-training. Sessions are 45mins and you can expect similar benefits to personal training. Join as a small group training member and HIIT is included. STRENGTH: Predominately weight training sessions for getting stronger and toning muscle. Ideal for experienced exercisers who have plateaued as well as beginners. X-TRAINING: A powerful mix of cardio & weights in a single session for fast results. Workouts change every session to keep you motivated. Outdoor Training is held at Moore Park Mt Steel (Bat n' Ball Oval)

MEMBERSHIP OPTIONS:

<h3>Classic Gym & Classes</h3> <p>Personal fitness assessment Personalised training plan & regular updates Free off-peak squash court hire +beginner coaching Unlimited Classic Fitness classes</p>	<p>\$24.50 Weekly (12mths)</p> <p>\$27.50 (no min)</p>
<h3>Team Training (HIIT)</h3> <p>Includes classic gym & classes plus: Unlimited weekly HIIT Sessions, group size max 12 30min sessions, total body workouts Best for fat-loss and motivation</p>	<p>\$40 Weekly (0 mths)</p>
<h3>Small Group Training</h3> <p>Includes classic gym+classes +team training plus: Unlimited Small Group Personal Training sessions Group size 2- 8 Personalised workouts focussing on weight training</p>	<p>\$72 Weekly (0mths)</p>
<h3>Personal Training</h3> <p>Training efficiency Mature trainers Rehab and injury prevention Get the results you want</p>	<p>\$50 Per 30 min Session</p>

All HISCOES MEMBERHSIPS INCLUDE:

- Access to our spacious gym across 2 floors
- COVID-SAFE: enhanced cleaning, distancing, capped class numbers
- Full range of free weights, lifting platforms and pin-loaded equipment plus two cardio zones
- 3 group exercise studios +functional training + stretch room
- 4 glass-backed squash courts
- Free towels, lockers and parking
- Regular complimentary meetings with a trainer to assess your progress and design personalised workout programs

SQUASH

SQUASH COURT HIRE:

Off-Peak \$21 per player per hour **FREE FOR MEMBERS**

Peak time: 5.45pm-8.45pm Mon-Thurs

\$24.50 per player per 45mins, \$9 MEMBERS

Group coaching - Book Online

Beginner Saturdays at 10am - 11am

Skills development Saturdays at 11am - 12pm

\$21 per player **FREE FOR MEMBERS**

Club Practice - Book Online

Mondays 8pm to 10pm Sat 12pm to 3pm

\$21 per player **FREE FOR MEMBERS**

Fri Night Round Robin 6pm - 8pm (social level)

\$25 per player \$9 FOR MEMBERS

Intermediate squad Thurs at 6pm \$35

Private coaching from \$52 per hour.

OPEN:

6am-10pm Mon-Thurs 6am-9pm Fri

7am-8pm Sat, 8am-6pm Sun

525 Crown St, Surry Hills

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Instagram: @hiscoes_gym #hiscoes | facebook.com/hiscoes

HISCOES

HEALTH · FITNESS · SPORT

FITNESS CLASS TIMETABLE SUMMER 2021

www.hiscoes.com.au/bookclasses/

	M	T	W	T	F	S	S
Hiscoes Studios	06:30AM SPRINT		06:30AM SPIN			7:15AM SPIN	
		9:30AM YIN YOGA		9:30AM YOGA	9:30AM PILATES	8:00AM PILATES	9:30AM SPIN
						9:30AM SPRINT	
	5:30PM BODY PUMP	5:30PM SPRINT	5:30PM YOGA			10:00AM BODY PUMP	
	6:00PM BOXING	5:45PM ABT	5:30PM Beg. BOXING	6:00PM BODY PUMP		11:15AM Retrosweat	
	6:30PM ABS BLAST	6:30PM SPIN	6:30 PM PILATES	6:15PM SPIN		12MIDDAY KICKBOXING	
	7:00PM SPIN	6:30PM BODYPUMP	6:30PM BOXING	7:00PM Retrosweat			

BODY PUMP: the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body fast. One of the world's fastest ways to get in shape.

YOGA: Open Yoga classes integrating postures, breathing and meditation. Yoga Flow classes offer a more dynamic style of Yoga, combining breath and movement

Yin Yoga is slow-paced style of yoga with postures that are held for longer periods.

PILATES: A series of exercises based on the work of Joseph Pilates aimed at strengthening and lengthening muscles. Get ready to transform into a new, more balanced, straighter you.

ABT/ ABS BLAST: 30min sessions focussing targeting those problem areas!

SPIN: a fantastic heart-pumping workout on a stationary bike. You will climb, sprint and ride your way through 45mins to great music.

LES MILLS SPRINT: 30min HIIT STYLE Cycle class.

RETROSWEAT: Working out is pure pleasure and joy when you're getting hot 'n' heavy with David Bowie, The Pointer Sisters, Prince or The Police! The authentic freestyle aerobics workout! Members only email info@retrosweat.com.au to book a spot

FREE FACEBOOK LIVESTREAM

	M	T	W	T	F	S	S
HISCOES @ HOME			7:00AM HIIT				
		9:30AM YIN YOGA				8:00AM HIIT	
	12MIDDAY HIIT CORE						
			4:00PM HIIT CARDIO				
			6:30PM PILATES				