



M	T	W	T	F	S	S
7.00AM HIIT	7.00AM HIIT	6.30AM OUTDOOR	7.00AM HIIT	7.00AM HIIT		
					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:

### Classic Gym & Classes

Personal fitness assessment  
 Personalised training plan & regular updates  
 Free off-peak squash court hire +beginner coaching  
 Unlimited Classic Fitness classes

**\$24.50**

Weekly (12mths)

**\$27.50**

(no min)

### Team Training (HIIT)

*Includes classic gym & classes plus:*  
 Unlimited weekly HIIT Sessions, group size max 12  
 30min sessions, total body workouts  
 Best for fat-loss and motivation

**\$40**

Weekly (0 mths)

### Small Group Training

*Includes classic gym+classes +team training plus:*  
 Unlimited Small Group Personal Training sessions  
 Group size 2- 8  
 Personalised workouts focussing on weight training

**\$72**

Weekly (0mths)

### Personal Training

Training efficiency  
 Mature trainers  
 Rehab and injury prevention  
 Get the results you want

**\$50**

Per 30 min Session

## All HISCOES MEMBERSHIPS 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

[www.hiscoes.com.au](http://www.hiscoes.com.au)

PH: 9699 9222 / [info@hiscoes.com.au](mailto:info@hiscoes.com.au)

Instagram: @hiscoes\_gym #hiscoes | facebook.com/hiscoes

**HISCOES**  
HEALTH · FITNESS · SPORT

## FITNESS CLASS TIMETABLE

[www.hiscoes.com.au/bookclasses/](http://www.hiscoes.com.au/bookclasses/)

	M	T	W	T	F	S	S
Hiscoes Studios	06:30AM SPRINT		06:30AM SPIN		06:30AM SPRINT	7:15AM SPIN	
		9:30AM YIN YOGA		9:30AM YOGA	9:30AM PILATES	8:00AM PILATES	9:00AM SPIN
	5.30PM BODY PUMP	5.30PM SPRINT	5.30PM YOGA			9:30AM SPRINT	9:30PM BODY PUMP
	6.00PM BOXING	5:45PM Bum&Tums	5.30PM Beg. BOXING	6:00PM BODY PUMP		9:45AM PUMP TECH	
	6.30PM ABS BLAST	6:30PM SPIN	6.30 PM PILATES	6:15PM SPIN	6:30PM STEP Adv.	10:00AM BODY PUMP	
	7:00PM SPIN	6.30PM BODYPUMP	6.30PM BOXING	7:00PM Retrosweat		12MIDDAY KICKBOXING	
			7:30PM ZUMBA				

**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.

**Bums & Tums / 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. All the benefits of HIIT without the impact on the joints

**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 (casual visits book via the Retrosweat website)

**ZUMBA** A mix of low and high-intensity moves for an interval-style, calorie-burning dance fitness party to latin rhythms!

**STEP** Remember all the step moves from the nineties? Around the world? Indecision? Find them all here in a high intensity, high choreography workout!

## FREE FACEBOOK LIVESTREAM

<https://www.facebook.com/groups/HiscoesatHome>

Weekly live sessions as well as a library including: boxing, kids workouts, mini yoga vinyasas, stretching foam rolling and HIIT LITE

HIIT: Mon 12.30pm, Wed 7.15am & 4pm, Sat 8am

YOGA: Tues 9.30am PILATES: Wed 6.30pm