



CRUNCH CHRISTMAS OPENING HOURS

Mon 16 th to Thurs 19 th Dec		6am to 8pm
Fri 20 th Dec		6am to 7pm
Sat 21 st Dec		6.45am to 4pm
Sun 22 nd Dec		7.45am to 4pm



Mon 23 rd Dec		6am to 8pm
Tues 24 th Dec	XMAS EVE	6am to 1pm
Wed 25 th Dec	CHRISTMAS DAY	CLOSED
Thurs 26 th Dec	BOXING DAY	CLOSED
Fri 27 th Dec		6am to 4pm
Sat 28 th Dec		6.45am to 4pm
Sun 29 th Dec		7.45am to 4pm



Mon 30 th Jan		6am to 8pm
Tues 31 st Jan	NEW YEAR'S EVE	6am to 1pm
Wed 1 st Jan	NEW YEAR'S DAY	CLOSED
Thurs 2 nd Jan		6am to 8pm
Fri 3 rd Jan		6am to 4pm
Sat 4 th Jan		6.45am to 4pm
Sun 5 th Jan		7.45am to 4pm

CRECHE CLOSED From: **XMAS EVE** To: **Mon 6th JAN**

Please Note: Some instructors and time-slots may differ from those shown

CRUNCH TIMETABLE

16th– 22nd

DECEMBER 2024



crunch
FEMALE FITNESS CENTRE

TIME	MONDAY 16th OPEN 6am	TUESDAY 17th OPEN 6am	WEDNESDAY 18th OPEN 6am	THURSDAY 19th OPEN 6am	FRIDAY 20th OPEN 6am	SATURDAY 21st OPEN 6.45am	SUNDAY 22 nd OPEN 7.45am
6am	RIG (45) Annette	CARDIO & CORE Annette + LIVE STREAM	CYCLE Annette	CYCLE Jo RIG (45) Nick	BODYFIRM Jo	OPEN 6.45am	
7am	CYCLE Annette	BODYFIRM Summer	BODYFIRM Nick 7.45am RIG(45) Nick		HIIT (45) Jo	6.45am BODYFIRM Nick 7.30am RIG(45) Nick	OPEN 7.45am
8am –		RIG (45) Summer			CYCLE Annette	CYCLE Mary 8.15am RIG(45) Nick	CYCLE Mary
9am	BODYFIRM Nick	CYCLE Summer	BODYFIRM Nick	HIIT Vera	BODYSHAPE Annette + LIVE-STREAM	BODYFIRM Nick	BODYFIRM Nick
10am	10.30am PILATES Lindsey + LIVE-STREAM	PILATES Sareena + LIVE STREAM	PILATES Lindsey + LIVE-STREAM	BODYFIRM Vera	SLOW FLOW VINYASA YOGA Annette +LIVE STREAM	PILATES Samantha	BOX BOOTCAMP
11am		ZUMBA Claudio	ZUMBA Alfonso		ZUMBA Claudio	ZUMBA Zita	
12.45pm	11.30am YOUNG AT HEART Annette		YOUNG AT HEART Robbie		YOUNG AT HEART Robbie		
3pm						3PM PILATES/YOGA FUSION Annette + LIVE STREAM	2.45pm YIN YOGA Lauren
5pm	PILATES Lindsey + LIVE-STREAM 5.30pm RIG (30) Nick	4.45pm BODYFIRM Nick	BODYFIRM Cat	PILATES Deb + LIVE STREAM	5.30pm SLOW-FLOW VINYASA YOGA Annette + LIVE STREAM	CLOSE 4pm	CLOSE 4pm
6pm	BODYFIRM Nick		PILATES Deb + LIVE STREAM	ZUMBA Claudio			
7pm	ZUMBA Claudio	VINYASA FLOW YOGA Kate	BOX BOOTCAMP Brenda				
	CLOSE 8pm	CLOSE 8pm	CLOSE 8pm	CLOSE 8pm	CLOSE 7pm	CLOSE 4pm	CLOSE 4pm

CRECHE: NORMAL HOURS MON to SAT

CRUNCH CHRISTMAS TIMETABLE

23rd – 29th

DECEMBER 2024



TIME	MONDAY 23rd OPEN 6am	TUESDAY 24th OPEN 6am	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th	SATURDAY 28th	SUNDAY 29th
6am	RIG (45) Annette	CARDIO & CORE Annette +LIVE STREAM	CLOSED	CLOSED	BODYFIRM Jo	OPEN 6.45am	
7am	CYCLE Annette				CYCLE Jo	6.45am BODYFIRM Nick 7.30am RIG(45) Nick	OPEN 7.45am
8am	BODYSHAPE Annette	HIIT Vera			BODYFIRM Vera	CYCLE Mary 8.15am RIG(45) Nick	CYCLE Mary
9am	BODYFIRM Nick	BODYFIRM Vera			HIIT Vera	BODYFIRM Nick	BODYFIRM Nick
10am	10.30am PILATES Lindsey +LIVE STREAM	ZUMBA Claudio			SLOW FLOW VINYASA YOGA Danielle	PILATES Samantha	BOX-RIG Nick
11am	11.30am YOUNG AT HEARTS Annette				ZUMBA Claudio	ZUMBA Zita	
3pm		CLOSE 1pm					3pm SLOW FLOW VINYASA YOGA Danielle
5pm	PILATES Lindsey +LIVE STREAM 5.30pm RIG (45) Nick				CLOSE 4pm	CLOSE 4pm	CLOSE 4pm
6pm	BODYFIRM Nick						
7pm	ZUMBA Claudio						
	CLOSE 8pm	CLOSE 1PM	CLOSED	CLOSED	CLOSE 4pm	CLOSE 4pm	CLOSE 4pm

CRECHE: CLOSED THIS WEEK!



CRUNCH TIMETABLE

DEC 30th – 5th JAN 2025

TIME	MONDAY 30 th DEC	TUESDAY 31 st DEC	WEDNESDAY 1 st JAN	THURSDAY 2 nd JAN	FRIDAY 3 rd JAN	SATURDAY 4 th JAN	SUNDAY 5 th JAN
6am	BODYFIRM Jo	CYCLE Jo	CLOSED	CYCLE Jo	BODYFIRM Jo		
7am	CYCLE Jo	BODYFIRM Summer		RIG(45) Nick	Cycle (45) Cat	BODYFIRM Nick 7.30am RIG (45) Cat	
8am –		RIG (45) Summer			BODYFIRM Vera	CYCLE Amanda 8.15am RIG(45) Nick	CYCLE Summer
9am	BODYFIRM Nick	CYCLE Summer	HAPPY NEW YEAR!	HIIT Vera	HIIT Vera	BODYFIRM Nick	BODYFIRM Nick
10am	10:30am PILATES Emma + LIVE-STREAM	PILATES Sareena + LIVE STREAM		BODYFIRM Vera	SLOW FLOW VINYASA YOGA Lauren + LIVESTREAM	PILATES Samantha	BOX-RIG Nick
11am		ZUMBA Simone			ZUMBA Simone	ZUMBA Zita	
12.45pm							
3pm		CLOSE 1pm				YOGA Trina + LIVESTREAM	2.45pm YIN- YOGA Lauren
5pm	5:15 RIG (45) Nick			PILATES Deb + LIVE STREAM		CLOSE 4pm	CLOSE 4pm
6pm	BODYFIRM Nick			ZUMBA Simone			
7pm							
	CLOSE 8PM	CLOSE 1pm	CLOSED	CLOSE 8pm	CLOSE 7pm	CLOSE 4pm	CLOSE 1pm

CRECHE CLOSED THIS WEEK!

NORMAL CLASSES & CRECHE RESUME FROM MONDAY 6TH JANUARY 2025

SUMMER 2025

BOOK CLASSES VIA THE GYM MASTER APP/ ONLINE UP TO 3 DAYS PRIOR

TIME	MONDAY OPEN 6am	TUESDAY OPEN 6am	WEDNESDAY OPEN 6am	THURSDAY OPEN 6am	FRIDAY OPEN 6am	SATURDAY OPEN 7am	SUNDAY 7.45am
6am	RIG (45) Annette	CARDIO & CORE Annette + LIVE STREAM	CYCLE Annette	CYCLE Jo RIG Nick	BODYFIRM Jo	OUTDOOR RUN CLUB Annette	
7am	CYCLE Annette	BODYFIRM Summer	BODYFIRM Nick 7.45am RIG Nick		HIIT (45) Cat	BODYFIRM Nick 7.30am RIG (40) Cat	
8am –	BODYSHAPE Annette	RIG (45) Summer			CYCLE Annette	CYCLE Mary 8.15am RIG (45) Nick	CYCLE Mary
9am	BODYFIRM Nick RIG (45) Josh	CYCLE Summer	BODYFIRM Nick	HIIT Vera	BODYSHAPE Annette + LIVE-STREAM	BODYFIRM Nick	BODYFIRM Nick
10am	10.30am PILATES Lindsey + LIVE-STREAM	PILATES Sareena + LIVE STREAM	PILATES Lindsey + LIVE-STREAM	BODYFIRM Vera	SLOW FLOW VINYASA YOGA Annette +LIVE STREAM	PILATES Samantha	BOXING BOOTCAMP Nick *NEW*
11am		ZUMBA Claudio	Zumba Alfonso		ZUMBA Claudio	ZUMBA Zita	
12.45pm	11.30am YOUNG AT HEART Annette		YOUNG AT HEART Robbie		YOUNG AT HEART Robbie		
						3pm PILATES/YOGA FUSION Annette + LIVE STREAM	2.45pm YIN- YOGA Lauren
5pm	PILATES Lindsey + LIVE-STREAM 5:15 RIG Nick	4.45pm BODYFIRM Nick	BODYFIRM Cat	PILATES Deb + LIVE STREAM			
6pm	BODYFIRM Nick	HIIT Glutes Core Josh	PILATES Deb + LIVE STREAM	ZUMBA Claudio + LIVE STREAM	5.30pm SLOW-FLOW VINYASA YOGA Annette + LIVE STREAM		
7pm	ZUMBA Claudio	VINYASA FLOW YOGA Kate	BOXING BOOTCAMP Brenda				
	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 9pm	CLOSE 7pm	CLOSE 6pm	CLOSE 4pm

Contact Details - 9518 1588 info@crunchfitness.com.au www.crunchfitness.com.au Basement Level MarketPlace Leichhardt	Mon – Thurs Friday Saturday Sunday	6am – 9pm 6am – 7pm 7am – 6pm 8am – 4pm	Creche Monday – Friday Saturday	Hours 8.50am – 12pm 8am – 12pm
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NO ENTRY once class has started!

Bring a towel to the gym on every visit. Be set-up and ready to begin your class on time.

Classes & Instructors may change due to unforeseen circumstances. Beginners welcome to all classes! Please let instructor know if you are new to the class or have any injuries or conditions which may need to be monitored

CLASSES & DESCRIPTIONS

FUNCTIONAL STRENGTH WORKOUTS

HIGH INTENSITY INTERVAL TRAINING (HIIT) 50 MINS	A training technique where you exercise above 80% of your Maximum Heart Rate, through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more calories.
RIG	An interval-training style of fitness session that will challenge your strength, stamina and core! With modifications available for all fitness levels, injuries, strengths and abilities, The RIG is designed to test your limits in order to achieve max results.

CARDIO CLASSES

CYCLE 50 MINS	Challenging power riding choreographed to music (flat road / uphill / sprints / tabata interval training) increasing your endurance, core strength & fitness levels. Walk out feeling pumped with a sense of achievement.
ZUMBA 50 MINS	Ready to party! Get into great shape. Enjoy this fun Latin inspired calorie burning dance class. Workout to energizing rhythms & beats. This easy-to-follow class will have you forgetting that you're even at the gym!
RAW RUNNERS & WALKERS 60 MINS	Enjoy a 60 min run/walk outside exploring different parts of Sydney. Runners clock approx. 6-10kms as they double back to meet the walkers. No better way to start the weekend! Look for the map on Facebook each Thursday!

STRENGTH & TONE

BODYFIRM 45 MINS	A non-impact class using barbells, light weights and repetition. A great all over toning workout for all ages and fitness levels. Choreographed to music using functional traditional strength training.
BODYSHAPE 50 MINS	A full-body session that targets all of the major muscle groups, designed to firm up and tone the body, with much focus on our core, using a variety of equipment – weights, barbells, steps and core balls. Combine strength and movement exercises to produce muscle, burn fat and increase your metabolism to help maintain a healthy body weight. This class is great for ALL levels of fitness and will leave you feeling energized and your whole-body aching for more!!!
BOXING BOOTCAMP	Incorporating hand weights, shadow-boxing techniques & agility drills. This all over cardio & strength workout done in a circuit format will also improve your endurance, co-ordination and stamina. Beginners welcome, you will be progressed.
YOUNG AT HEART (for over 55's) 50 MINS	Designed for our more mature ladies who want to have fun, feel energised, increase strength, balance & flexibility by using light upper and lower body weights. Suitable for all levels of fitness & mobility. This class is not choreographed to music. \$10 per class for non- members (over 55).

STRENGTH & CARDIO

CARDIO & CORE 50 MINS	An invigorating cardio & weight training class with challenging workouts to condition & strengthen your whole body. A fun & interactive class where you can feel the calories burning off. Each instructor brings a different style & training session.
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MIND & BODY

PILATES 50 MINS	Focus on postural alignment, activating the core muscles, Pilates will strengthen, tone and connect the body through breath and movement. This class must be included in your weekly workout & movements are adapted to suit all levels.
VINYASA SLOW-FLOW YOGA 60 MINS	Combines the breath and movement with a clear explanation of the benefits of poses, a focus on alignment, balance and breathing with verbal adjustments and guidance in meditation and relaxation techniques. This practice offers a welcoming and comfortable environment to modify and enhance each pose, based on individual needs, while enabling a thorough understanding of the important concepts of Yoga. Open to all levels.
YIN YOGA 60 MINS	YIN YANG YOGA blends two styles of yoga into one practice – bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. It works on the deep, dense (Yin) connective tissues and joints in the body. Yang Yoga, in contrast, refers to a more active practice.
PILATES/YOGA FUSION 50 MINS	A balance of yoga & Pilates. Builds strength, stability, core, flexibility & relaxation. Pilates & Yoga are both transformational methods that focus on mind, body & spirit.
YOGA YIN RESTORATIVE 1st Saturday of month 75 Mins	Restorative Yin Yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. 1 st Sat of every month 3pm Class (75 mins)