



VIDAFIT NORTH ROCKY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
V45	4.45am 5.30am 6.15am 9.00am 3.45pm 4.30pm 5.15pm 6.00pm	4.45am 5.30am 6.15am 9.00am 3.45pm 4.30pm 5.15pm 6.00pm	4.45am 5.30am 6.15am 9.00am 3.45pm 4.30pm	4.45am 5.30am 6.15am 9.00am 3.45pm 4.30pm 5.15pm 6.00pm	4.45am 5.30am 6.15am 9.00am 3.45pm 4.30pm 5.15pm 6.00pm		7.00am 7.45am
CROSSFIT	5am 6am 9am 12 noon 4.00pm 5.00pm 6.00pm	5am 6am 9am 12 noon 4.00pm 5.00pm 6.00pm		5am 6am 9am 12 noon 4.00pm 5.00pm 6.00pm	5am 6am 9am 12 noon 4.00pm 5.00pm 6.00pm	6am 7am	
VIDAFIT OVERHAUL	In your nominated class time	In your nominated class time		In your nominated class time	In your nominated class time		
OPEN FLOOR	7am - 12 noon 4pm - 5.30pm	7am - 12 noon 4pm - 5.30pm	5am - 12 noon 4pm - 7.00pm	7am - 12 noon 4pm - 5.30pm	7am - 12 noon 4pm - 5.30pm	6am - 10am	7am - 9am
MUMMAFIT	10.15am	10.15am	10.15am	10.15am	10.15am		
AGELESS ACTIVE	9am	9am		9am	9am		
LIFT OFF!	ASK ABOUT OUR NEXT LIFT OFF CLASS BLOCK!			<div style="border: 1px solid black; padding: 10px;"> YOUR MEMBERSHIP OPTIONS: </div>			
CROSSBOX			5.15pm 6pm				
FRUNNING		5.15pm					
HARDCORE!			5.30am 4.30pm				
SKILLZ			6.00pm				
BARBELL SWELL			4.45am 9am 5.15pm				



LEARN ALL ABOUT OUR CLASSES BELOW!

WWW.VIDAFIT.COM.AU | WWW.CROSSFIT4701.COM.AU



V45

45 mins of intense & dynamic functional movement like you have never experienced before! The huge variety in this amazing program will challenge your body from every single dimension. It is heaps of fun & suitable for all fitness levels and you are in and out in 45 mins, this is the class to just get in and get it done! The endorphin rush will give you boundless energy and leave you feeling AWESOME for the rest of your day!



OPEN FLOOR

A time to work on individual skills, perfect technique, do some strength training or smash out your very own WOD at the time of day that suits you and your busy schedule.



VIDAFIT OVERHAUL

This is one of Australia's leading health and wellness programs. This famous and unrivalled life changing overhaul is where you will learn about the key areas you have to get right to live the life that you truly want and deserve! Whether you feel a little stuck with where you are in life, you are looking to lose weight, you are hoping to increase your fitness and wellness, you want to learn and understand the thinking and mindset of successful people or a combination of everything, this program is perfect for YOU!! Intakes are every 8 weeks!



CROSSFIT

Our electric CrossFit classes provide the chance for you to really get amongst it and unleash your inner champion! CrossFit is an overall strength and conditioning program incorporating all aspects of fitness! The program is "CONSTANTLY VARIED" allowing you to tackle a different workout every day. Suitable for all levels of fitness!



SKILLZ

Learn, hone and sharpen your technique through the skill of the week from your expert CrossFit Coaches! Skills will vary each week so check in with us for the skill this week!



MUMMAFIT

The perfect chance for active Mummies to come in, socialise with other Mummies, take a little time out and give back to themselves through some tailored, fun and empowering exercise. Oh and did we mention the FREE child minding?! Perfect for post pregnancy beginner or experienced Mummies, mummies looking to get back into shape, re-establish their body and movement confidence.



AGELESS ACTIVE

Turn back the clock, return to your former glory days or just create or maintain excellent wellness & mobility to live your senior years the way you deserve. These safe, relaxed, friendly, fun & moderately paced classes are aimed directly at creating functional movement patterns that will keep our SENIOR athletes moving well for the rest of their days. Continuing to move functionally is absolutely critical as we move through our senior years & there is no better place to do it than amongst our empowering community. Before you ask... YES this is for you as we cater for all ages & fitness levels. Feel free to grab a coffee after class & socialise with other AGELESS ACTIVE team members in our great little café. You will love this one!



FRUNNING

Combine FUN and some RUNNING and you have FRUNNING! Frunning is a exclusive and unique running program that works on all aspects of running including speed, power, agility, endurance, aerobic and anaerobic capacity! One thing is for sure, we will have you FRUNNING FIT!



CROSSBOX

A hectic, crazy and intense hour of fun, filled fitness! Combining 2 of the world's toughest and demanding training disciplines, CrossFit and Boxing into one hectic hour! Absolutely AWESOME fun and we promise it'll leave you begging for more!



LIFT OFF!

The training discipline of Olympic weight lifting. Learn or perfect the technique of the Clean and Jerk and Snatch as well as accessory exercises and mobility to have you reaching PR's in no time!



BARBELL SWELL

Barbell Swell is the class to get your body swell! An excellent additional program to build confidence on a barbell, increase your muscle mass and strength and perfect your technique for a variety of foundational barbell movements. Let your body experience the effects of Barbell Swell!



YO'BILITY

The art of Yoga and Mobility combined. Release your tired body or take some time to give back to your body through Yoga and Mobility! Your body, mind and soul will absolutely love you, WE PROMISE!



HARDCORE!

It's the hardcore way to a HARD CORE! Get a six pack that a gymnast would envy and build amazing core strength which will benefit every aspect of your life. This class may be short in duration but don't be fooled, the intensity is HIGH!

GET ROCKHAMPTON'S BEST FITNESS AND LIFESTYLE NEWS AND INFORMATION ON YOUR FEED TODAY!



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