



EIGHTY 8

CLASSES

Eighty8 classes are designed and programmed to give you a flexible, sustainable and balanced training week. We offer a range of strength and fitness classes that cater to all levels of fitness, with all exercises and session types having the option to be modified and scaled to suit, meaning previous gym experience is not necessary.

All classes run for 45mins, except Saturdays.



MONDAY HYBRID

Kick off the week with full body conditioning workout including a mix of upper body strength, power and functional movements.



TUESDAY TRANSFORMER

Focuses on lower body strength with the aim to develop and increase your strength, stability, muscle mass and strength endurance. With an emphasis on technique, Tuesdays include the squat or hinge (deadlift) movement patterns plus a range of lower body accessory movements.



WEDNESDAY HIIT+

Aims to build your aerobic engine base from the ground up through a variety of structured interval progressions and intensity levels. A mix of rowing, riding, skiing, running and bodyweight movements feature in every Wednesday class.



THURSDAY TRANSFORMER

Focuses on upper body strength with the aim to develop and increase your strength, stability, muscle mass and strength endurance. With an emphasis on technique, Thursdays include press and pull movement patterns plus a range of upper body accessory movements.



FRIDAY METCON

Fire up your Fridays with an Eighty8 MetCon session. Train harder, faster and at a higher level for max energy system development. MetCon includes a full body conditioning workout with a mix of Lower body strength, power and functional based movements.



SATURDAY SUPER SESSION

Launch into the weekend with a full hour of mixed strength, conditioning and functional training. Saturdays deliver a combination of all Eighty8 training types inc. loud music, positive vibes and members pushing each other to the limits.



SUNDAY HIIT

A mix of high intensity interval training, power and conditioning based workouts. Utilising a variety of bodyweight/cardio-based exercises, explosive power and functional movements.

MAJURA CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYBRID 05:45 - 06:30	TRANSFORMER 05:45 - 6:30	HIIT+ 05:45 - 06:30	TRANSFORMER 05.45 - 06.30	METCON 05:45 - 06:30		
HYBRID 06:30 - 07:15	TRANSFORMER 06:30 - 07:15	HIIT+ 06:30 - 07:15	TRANSFORMER 06.30 - 07.15	METCON 06:30 - 07:15		
					SUPER SESSION 07:30 - 08:30	
					SUPER SESSION 08:30 - 09:30	HIIT 08:15 - 09:00
						HIIT 09:00 - 09:45
HYBRID 12:30 - 13:15	TRANSFORMER 12:30 - 13:15	HIIT+ 12:30 - 13:15	TRANSFORMER 12:30 - 13:15	METCON 12:30 - 13:15		
HYBRID 17:30 - 18:15	TRANSFORMER 17:30 - 18:15	HIIT+ 17:30 - 18:15	TRANSFORMER 17:30 - 18:15	METCON 17:30 - 18:15		
HYBRID 18:15 - 19:00	TRANSFORMER 18:15 - 19:00	HIIT+ 18:15 - 19:00	TRANSFORMER 18:15 - 19:00			

BRINDABELLA CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYBRID 6:45 - 7:30	TRANSFORMER 6:45 - 7:30	HIIT+ 6:45 - 7:30	TRANSFORMER 6:45 - 7:30	METCON 6:45 - 7:30		
HYBRID 7:30 - 8:15	TRANSFORMER 7:30 - 8:15	HIIT+ 7:30 - 8:15	TRANSFORMER 7:30 - 8:15	METCON 7:30 - 8:15		
HYBRID 12:15 - 13:00	TRANSFORMER 12:15 - 13:00	HIIT+ 12:15 - 13:00	TRANSFORMER 12:15 - 13:00	METCON 12:15 - 13:00		
HYBRID 16:30 - 17:15	TRANSFORMER 16:30 - 17:15	HIIT+ 16:30 - 17:15	TRANSFORMER 16:30 - 17:15	METCON 16:30 - 17:15		
HYBRID 17:15 - 18:00	TRANSFORMER 17:15 - 18:00	HIIT+ 17:15 - 18:00	TRANSFORMER 17:15 - 18:00			