



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15AM	KICK N CARDIO	KICK N HIIT	KICK N BUTT	KICK N HIIT	KICK N CORE
5:15AM	LIFT	LIFT LEGS	LIFT	LIFT UPPER	LIFT
6:00AM	KICK N HIIT	KICK N CORE	KICK N HIIT	KICK N CARDIO	KICK N BUTT
6:00AM	LIFT	LIFT LEGS	LIFT	LIFT UPPER	LIFT
7:00AM	KICK N CORE		KICK N CARDIO		
7:00AM	LIFT		LIFT		
8:00AM					
8:00AM					
9:00AM	KICK N BUTT		KICK N HIIT		
9:00AM	LIFT		LIFT		
4:00PM	KICK N CARDIO		KICK N CORE		
4:00PM	LIFT		LIFT		
5:00PM	KICK N CORE	KICK N BUTT	KICK N HIIT	KICK N CARDIO	KICK N HIIT
5:00PM	LIFT	LIFT LEGS	LIFT	LIFT UPPER	LIFT
6:00PM	KICK N HIIT	KICK N CORE	KICK N CARDIO	KICK N BUTT	
6:00PM	LIFT	LIFT LEGS	LIFT	LIFT UPPER	
7:00PM	KICK N BUTT		KICK N HIIT		
7:00PM	LIFT		LIFT		

SATURDAY SUNDAY

KICK N HIIT	KICK N CARDIO
LIFT	LIFT
KICK N CORE	KICK N HIIT
LIFT	LIFT

BOOK IN GYM MASTER APP
24 PERSON MAX, 4 PERSON MIN

8PM FOR AM CLASSES
3PM FOR PM CLASSES

AFTER BOOKING MINIMUM IS REACHED
MEMBERS MAY STILL BOOK OR CANCEL
UNTIL 15 MIN PRIOR TO CLASS STARTING

TTF's KICK & LIFT timetable is well structured, balanced & fitness based. "KICK" represents kickboxing on heavy bags with BUTT/CORE/HIIT/CARDIO focus. LIFT is weights only.

NO REST 60-70% MAX EFFORT Light but high volume Light - Medium speed	ACTIVE RECOVERY 70-80% MAX EFFORT Tempo change min rest Medium - Fast speed	BURSTS & RESTS 80-100% MAX EFFORT High Intensity - safely Fast speed w lots of rests	LOW IMPACT 70-80% MAX EFFORT No running or jumping injury friendly - any speed	WEIGHTS/CIRCUITS LIGHT-MEDIUM Progressive overload rep/time based
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Trainers can progress/regress any movement in any class so everyone is welcome. ASK US. Book Trainers for 1on1 skills in the "other services" section of your member portal.

OPEN 24/7, no classes on public holidays.

W. www.ttfkickpunchlift.com | E. paul@ttfkickpunchlift.com | M. 0435 269 012 | Locations: Torrensville & Somerton Park.