

**STRENGTH**  
BUILD STRENGTH



KEEP LIMBER

**YOGA**

**REAL FITNESS TRAINING**  
CASTLE HILL, SYDNEY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		<b>FIGHTINGFIT</b> Boxing Class				
6:00 AM			<b>ZHENERGY</b> Vinyasa Yoga		<b>ZHENERGY</b> Vinyasa Yoga	
7:00 AM						<b>RUNCLUB</b> Run Class
8:00 AM						<b>STRONGMAN</b> Strength Class
9:00 AM						<b>ZHENERGY</b> Vinyasa Yoga
9:30 AM			<b>HIIT45</b> Tabata Class	<b>ZHENFLOW</b> Hatha Yoga		
9:45 AM	<b>ZHENFLOW</b> Hatha Yoga				<b>ZHENUNWIND</b> Yin Yoga	
12:30 PM		<b>ZHENFLOW</b> Hatha Yoga		<b>YOGA WITH MAL</b> (additional)		
5:00 PM				<b>ZHENUNWIND</b> Yin Yoga		
6:00 PM					<b>ZHENFLOW</b> Hatha Yoga	
6:30 PM	<b>STACKED30</b> Tabata Class	<b>FIGHTINGFIT</b> Boxing Class	<b>MAXED45</b> Tabata Class	<b>ZHENFLOW</b> Hatha Yoga		
7:15 PM	<b>ZHENERGY</b> Vinyasa Yoga		<b>ZHENUNWIND</b> Yin Yoga			

**AS A GUEST OF THE HILLS LODGE**

You can join us for any class for only \$10

OR

1 day unlimited classes and studio access for \$15

OR

1 week unlimited classes and studio use for \$20

**YOUR PARTNER IN**

**HEALTH AND FITNESS**

YOU WONT FIND THESE CLASSES ANY WHERE ELSE IN THE HILLS.

OUR TEAM OF COACHES ARE SOME OF THE BEST EDUCATED IN THE INDUSTRY AND CERTAINLY KNOW HOW TO HELP YOU WORK UP A SWEAT ALL WHILE HAVING A FUN AND CHALLENGING SESSION.

CALL 8606 2423 TO BOOK IN