



KICK PUNCH LIFT

TORRENSVILLE

233A HENLEY BEACH RD



| | 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 ARMS | 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 ARMS | 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 ARMS | LIFT |
| 6:00PM | KICK N HIIT | KICK N CORE | KICK N CARDIO | KICK N BUTT | |
| 6:00PM | LIFT | LIFT LEGS | LIFT | LIFT ARMS | |
| 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 |

BOOKINGS ESSENTIAL

24 PERSON MAX, 4 PERSON MIN
BOOK ONLINE BY:
8PM FOR AM CLASSES,
3PM FOR PM CLASSES.

AFTER BOOKING MINIMUM IS REACHED, MEMBERS MAY STILL
BOOK/CANCEL UP UNTIL 15 MIN PRIOR TO CLASS START TIME.

T = TESTING

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 |
|--|---|--|--|---|

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.

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



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| 6:00AM | LIFT | LIFT LEGS | LIFT | LIFT ARMS | LIFT |
| 7:00AM | | KICK N HIIT | | KICK N BUTT | |
| 7:00AM | | LIFT LEGS | | LIFT ARMS | |
| 8:00AM | | | | | |
| 8:00AM | | | | | |
| 9:00AM | | KICK N CARDIO | | KICK N CORE | |
| 9:00AM | | LIFT LEGS | | LIFT ARMS | |
| 4:00PM | | KICK N HIIT | | KICK N BUTT | |
| 4:00PM | | LIFT LEGS | | LIFT ARMS | |
| 5:15PM | KICK N CORE | KICK N BUTT | KICK N HIIT | KICK N CARDIO | |
| 5:15PM | LIFT | LIFT LEGS | LIFT | LIFT ARMS | |
| 6:00PM | KICK N HIIT | KICK N CORE | KICK N CARDIO | KICK N BUTT | |
| 6:00PM | LIFT | LIFT LEGS | LIFT | LIFT ARMS | |
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Open all day for private use, closed on public holidays, contact us for exact open/close hours.

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