



MOMENTUM FITNESS WARRNAMBOOL

CLASS TIMETABLE

TIME	MON	TUES	WED	THU	FRI	SAT
5.30AM		EMOM SCOTT SUDALE	BOXING/CIRCUIT JACOB RHODES	METAPWR SCOTT SUDALE	CIRCUIT JACOB RHODES	
8.00AM						CIRCUIT DANIEL NEVILL / SCOTT SUDALE
5.30PM	CIRCUIT DANIEL NEVILL	EMOM DANIEL NEVILL	BOXING/CIRCUIT JACOB RHODES	METAPWR DANIEL NEVILL		

Book your spot at www.mfwarrnambool.com.au/classes



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CLASS DESCRIPTION

METAPWR: 45mins

Metapwr is a combination of compound movements, including cleans, high pulls, slams, swings, sleds and carries. 10 Rounds consisting of 40/20 30/15 and 20/10 work to rest ratio rounds.

EMOM: 30mins

EMOM stands for (Every Minute on the Minute) suitable for most levels of fitness and training goals. Every minute frame has a programmed work amount (such as, 10 push ups) with the remaining amount of time to be taken as rest. For example, if 10 push ups took someone 17 seconds, they would have 43 seconds to rest until the next minute frame. EMOMs are not only effective at building muscle, strength, fitness, and work capacity, but they can be applied to nearly every aspect of one's training.

BOXING/CIRCUIT: 45 – 60mins

A 60 minute cardio-based boxing/circuit fitness class suitable for all fitness levels. It includes lots of punching, combinations, running, cardio. Along with other high-impact activities and you can substitute as needed to suit your physical condition. Every class is different, so you don't get bored or plateau out with your fitness and weight loss progress. These classes take place indoors, outdoors, or both. A fun but tough, interactive class that gets the blood pumping and the fat melting away!

CIRCUIT: 45min

CIRCUIT TRAINING This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness