



FITNESS TUMEKE - SCHEDULE

Mobile: 0274373997 or 0211588542

Email: fitnesstumeke@gmail.com

To avoid disappointment please book

Bookings essential for all classes via email or text to above contact details

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600-0700	TRX		TRX		TRX	
0730-0830						TRX - bookings
0900-1000	ActiV8				ActiV8	
1000-1100	IN-2 GR8					
1330-1430				TE		
1430-1530						
1530-1545						
1545-1630		TT		TT		
1645-1715				HIT		
1630-1730	BOXFIT	TRX	BOXFIT			
1730-1830	TRX	BC	TRX	BC	TRX	
1830-1930				TRX		

TRX	Tumeke RX -group sessions designed to challenge the athlete in the 10 components of fitness
ActiV8	ActiV8 -scaled movements allowing the athlete to maintain momentum & keep you moving forward
BCT	Boot Camp Training - battle fitness ready
BoxFit	BoxFit - Boxing, cardio and a variety of movements to get the heart rate up
Hit	Hit - 30 minute class designed to keep you moving, variety of cardio and strength
TT	Tumeke Teens - Term Commitment-development fundamentals of TRX (in term only)
IN-2-GR8	Intergrate - specifically for those looking to regain movement post surgery/ injury
TE	Trident Electives - Trident High School Students (in term only)

All fix term contracts will be direct debit

Casuals will pay prior to entry of facility

More Classes and Open Gym times will be introduced upon demand

Payment Details

Name: Fitness Tumeke - Fit2Xcel

Account Number: 12-3253-0050501-00

Ref: Put your name