CF 4566
HIIT-CLASSES
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BE THE BEST VERSION OF YOU
COME IN & EXPERIENCE OUR AMAZING COMMUNITY

CF 4566
HIIT-CLASSES
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JULY 29TH 2019
KICK OFF
HIIT-CLASSES

CROSSFIT 4566 IS INCREDIBLY EXCITED TO INTRODUCE OUR SPRING XPRESS CLASSES FOR ALL FITNESS LEVELS & ABILITIES

INCLUDES THE FOLLOWING:

- HIGH-INTENSITY INTERVAL TRAINING SESSIONS
- EXPERT TRAINING AND COACHING
- NO CONTRACTS

CLASS TIMES:

- 05:15-06:00AM (M T W T F)
- 07:15-08:00AM (M T W T F S)
- 12:00-12:45PM (T T)
- 06:45-07:30PM (M F)

ONE WEEK FREE

WANT TO FIND OUT WHAT THE 'BEST VERSION OF YOU' LOOKS LIKE? SIGN UP TODAY

W: CROSSFIT4566.COM.AU
E: INFO@CROSSFIT4566.COM

1/15 LIONEL DONOVAN DR, NOOSAVILLE QLD 4566 OPPOSITE THE CAR WASH