



Hero Club Timetable

Timetable valid from June 1, 2009



Now catering to 4 to 6 year olds

	MON	TUES	WED	THURS	FRI	SAT
9:30am			 HEROES101			
10:00am						 DANCEHEROES
4.30pm				 WONDERCARDIO		
4:30pm	 COSMICCARDIO	 BATTLEHEROES	 VILLIANATTACK	 GALAXYSPIN		



HEROES101

Ages 2 to 6. A class to shape the fitness heroes tomorrow! A focus on ball skills, circuit training and developing motor skills through variety of fun, interactive and team activities.
Status Level: ELASTICCHILD



COSMICCARDIO

A varied workout for all young Heroes. A circuit style cardio blast with different stations, and quick changes to keep your hero senses ready for action!
Status Level: MINIHERO, SUPERFIT, MAXIMUM MUSCLE



WONDERCARDIO

The pre-Cosmic Cardio workout, aimed at younger Heroes.
Status Level: WONDERKID



VILLIANATTACK

45 Minutes of adrenalin pumping fun. Punch it on the boxing bag, learn some boxing moves, and send your heart pumping, with cardio training. This class will have you in Super Hero shape! **Status Level: MINIHERO, SUPERFIT, MAXIMUM MUSCLE**



BATTLEHEROES

The Pre -Villain Attack workout, aimed at younger Heroes
Status Level: WONDERKID



GALAXYSPIN

A high intensity cardio spin cycle class that will focus on leg power, mental toughness and endurance. A 30minute class not for the faint hearted!
Status Level: SUPERFIT and MAXIMUM MUSCLE . Height Restrictions Apply.



DANCEHEROES

A fun choreographed dance class teaching you all the moves to get you out of tight situations! Participants work towards different hero dance levels as their skills develop.
 Dance Heroes = **MINIHERO, SUPERFIT, MAXIMUM MUSCLE** Mini-heroes = **WONDERKID**

HERO STATUSES:

ELASTICCHILD
(Ages 2-6)

WONDERKID
(Ages 4-8)

MINIHERO
(Ages 6 -10)

SUPERFIT
(Ages 8 -12)

MAXIMUM MUSCLE
(Ages 12-14)

Booking essential

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Costs - \$5.50 casual - \$45 for 10 Visit Pass
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