

Morning

TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.15 NATH <div>FIT</div>	5.15 ZAC <div>GO!</div>	5.15 NATH <div>FIT</div>	5.15 NATH <div>BLD</div>	5.15 ZAC <div>FIT</div>	
6.00 ALANA <div>F</div>		6.00 ALANA <div>F</div>		5.45 ALANA <div>A</div>	6.00 CLAIRE <div>A</div>
6.15 SAMUEL <div>mV</div>		6.15 JEMMA <div>mV</div>		6.15 SAMUEL <div>mV</div>	
6.30 NATH <div>FIT</div>	6.30 NATH <div>GO!</div>	6.30 NATH <div>FIT</div>	6.30 NATH <div>BLD</div>	6.30 CAZZY <div>FIT</div>	6.30 ZAC <div>FIT</div>
					7.45 ZAC <div>FIT</div>
					8.15 CLAIRE <div>F</div>
8.30 ZAC <div>FIT</div>		8.30 CAZZY <div>GO!</div>		8.30 NATH <div>FIT</div>	
9.30 SOPHIE <div>F</div>	9.30 CLAIRE <div>R</div>	9.30 CLAIRE <div>F</div>	9.30 CLAIRE <div>W</div>	9.30 CLAIRE <div>F</div>	
9.30 NATH <div>FIT</div>	9.30 CAZZY <div>FIT</div>	9.30 CAZZY <div>BLD</div>	9.30 ZAC <div>FIT</div>	9.30 LEAH <div>FIT</div>	
10.30 JEMMA <div>mV</div>			10.30 KEL <div>P</div>	10.30 JEMMA <div>mV</div>	

Evening

3.45 CAZZY <div>CK</div>					
4.00 CLAIRE <div>F</div>	4.00 CAZZY <div>FIT</div>	4.00 CAZZY <div>CK</div>	4.00 CLAIRE <div>F</div>		
4.15 LEAH <div>GO!</div>	4.00 KEL <div>P</div>			4.15 ZAC <div>FIT</div>	
4.30 CAZZY <div>CK</div>		4.30 LEAH <div>FIT</div>	4.30 LEAH <div>BLD</div>		
5.00 LEAH <div>FIT</div>	5.00 CAZZY <div>BLD</div>	5.00 CAZZY <div>CK</div>			
	5.00 SAM <div>mV</div>		5.00 JEMMA <div>mV</div>		
	5.15 CLAIRE <div>F</div>	5.15 CLAIRE <div>W</div>	5.15 SOPHIE <div>B</div>	5.15 CLAIRE <div>F</div>	
5.15 KEL <div>P</div>				5.15 ZAC <div>FIT</div>	
5.30 CLAIRE <div>R</div>		5.30 LEAH <div>GO!</div>	5.30 LEAH <div>FIT</div>		
6.00 LEAH <div>FIT</div>	6.00 CAZZY <div>GO!</div>	6.15 LEAH <div>BLD</div>			
	6.30 CLAIRE <div>A</div>	6.30 KEL <div>P</div>			

SUNDAY

F

4.00
SOPHIE

Iyengar Yoga, CrossFit and Small Group Training, Pilates, Movement classes... All here and available under ONE membership.

Please see our website for instructor fill-ins, special events and to book in for your next session.

VFL FIT

60 MIN

FIT

Building better humans. Incorporating elements of traditional fitness training, weightlifting, gymnastics - VFL FIT brings you the highest quality, safest and most effective long term solution to training. Different every day and focused on progress, VFL FIT is proud to individualise workouts in the group training environment.

VFL BUILD

60 MIN

BLD

Our answer to strength training for building lean muscle mass through lifting and resistance based fitness.

VFL GO!

45 MIN

GO!

CrossFit Kids

45 OR 60 MIN

CK

mVmntVFL

60 MIN

mV

Specialty Sessions

Returning 2021

8-10 WEEK ENROLMENT BASED SESSIONS

SP

Foundations

75 MIN

F

Advanced

90 OR 120 MIN

A

Weekly Workshop

90 MIN

W

Come experience HIIT (High Intensity Interval Training) the Verve For Life way. Simple, fast, effective.



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