



## CHPT Group Training Timetable – iTRAIN

iTRAIN provides a range of options for members looking to improve on their individual elements of fitness whilst still enjoying the group training environment. There are 4 different elements to iTRAIN; iLIFT, iBREATHE, iMOVE & iLEARN. Each can be completed individually or as a part of a greater program.

Day	Early Morning	Morning		Evening
<b>Monday</b>	iLIFT 06:00	iMOVE 09:30		iMOVE 18:15
<b>Tuesday</b>		iMOVE 09:30		iBREATHE 18:15
<b>Wednesday</b>	iBREATHE 06:00	iLIFT 09:30	iLEARN 10:15	iMOVE 18:15
<b>Thursday</b>		iMOVE 09:30		iLIFT 18:15
<b>Friday</b>	iMOVE 06:00	iMOVE 09:10 (Thorpdale)		

**iLIFT;** Similar to our previous strength program with a focus on the major lifts Squat, Deadlift, Bench Press, Overhead Press & Rows whilst incorporating accessory and complimentary movements as well.

**iBREATHE;** These sessions are the traditional heavy breathing sessions or ‘cardio’ workouts that blend a range of work demands aimed to raise your heart rate and breathing to increase your overall level of fitness.

**iMOVE;** In iMOVE you will do just that, move! The sessions are designed to cover off on all elements of fitness increasing strength and endurance whilst building up fitness and increasing mobility.

**iLEARN;** This session is designed for learning new skills and techniques for movement, this session is to take beginners towards intermediate level movements and intermediates towards advanced movements

**Casual Class visit - \$17, memberships available**