

We are excited to help you create your new life of strength and excellence.

Time	6.45am	10am	11am	12pm	4 pm	5 pm	6 pm	7 pm	8 pm
Mon		S&C			S&C	S&C	S&C	Boxing	Kettlebe
Tues		Morning Med 10.30am	Kettlebe		S&C	S&C	S&C	Alva Kettle	S&C
Wed	S&C / Meditatio	Condit			Kettle	Condit/ Wim Hoff	Gymnast strength	OBF Lecture	Kettlebe
Thurs						Mobility/ Wim Hoff	S&C	Powerlifti ng	S&C
Friday	BCORE / Meditatio	Condit Morning Med 9.30					Condit		
Satur		Open gym							

S&C – The S&C programming runs Monday, Tuesdays and Thursdays. The program will change every 2 weeks to provide a different focus. Each session will last 1 hour and will have a mobility, force and skill element. This S&C programming is perfect for people who want to improve sporting performance, improve strength and skill levels or develop higher levels of movement capacity. It removes the guess work for clients as all programming and instruction is provided by us.

Kettlebells – There are kettlebell options Monday, Tuesday and Wednesday every week. Kettlebells sessions are full body workouts that will help improve muscle tone, strength, cardio vascular fitness and mobility.

Boxing – A boxing class will take place every Monday evening at 7pm. This session will include, technique and footwork, pad work and conditioning. Boxing is a great way to develop general fitness, spacial awareness and reactions.

Mobility – Bulletproof your body with our mobility methods. This session will help you create the mobility to play, move and live pain free.

Powerlifting – is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and deadlift. This session will provide a great introduction for beginners and programming so you can advance and learn how to progress in the sport. Powerlifting takes place every Thursday at 7pm.

Gymnastic strength – Learn skills that you once thought would never be possible, our gymnastic strength session combines hand balancing, ring work, parallel bar work and mobility every Wednesday at 6pm.

OBF Beyond the physical – We believe in holistic development, the mind and body are intensely connected. Meditations, wim hoff method and breathing all have huge value and merit in modern society.

OBF Lectures – “Knowledge is the precursor to change”, every Wednesday evening at 7pm a lecture will run for 60 minutes. The OBF foundations of Wellness, Movement, beyond the physical and Community will provide the topics covered.