



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM	6:30AM	6:30AM	6:30AM	6:30AM
RAINBOW WORKOUT	HIT	CIRCUIT	WHITE BOARD WORKOUT	PUMP IT UP
				8am
6PM	6PM	6PM	6PM	FIT MUMS
PUMP IT UP	WORK OUT OF THE WEEK	BOXING	STRENGTH AND CONDITIONING	6pm
				Hiit

****Call Bec for more details 0490333147****

All class \$12 for non members

PT sessions with Bec
\$40 per 45min

Boxing sessions with Craig
\$40 per 45min