

FitM.U.M “ME TIME”	MONDAY 9:15AM	FitM.U.M Studio West Beach	FitM.U.M
HIIT BOXING	TUESDAY 6AM	FitM.U.M Studio West Beach	FitM.U.M & IronDAD
FitM.U.M “ME TIME”	TUESDAY 9:15AM	FitM.U.M Studio West Beach	FitM.U.M
HIIT BLAST	WEDNESDAY 6PM	FitM.U.M Studio West Beach	FitM.U.M
FitM.U.M “ME TIME”	THURSDAY 9:15AM	FitM.U.M Studio West Beach	FitM.U.M
HIIT BOXING	THURSDAY 6PM	FitM.U.M Studio West Beach	FitM.U.M & IronDAD
IRON STRENGTH	FRIDAY 6AM	FitM.U.M Studio West Beach	IronDAD
HIIT CORE	FRIDAY 9:15AM	FitM.U.M Studio West Beach	FitM.U.M
BOOTCAMP	SATURDAY 9:15AM	John Miller Reserve Somerton Park	FitM.U.M & IronDAD
RUNNING GROUP	SUNDAY 7:30AM	West Beach Surf Life Saving Club	FitM.U.M & IronDAD

Keep up to date with FitM.U.M & IronDAD via Facebook or our FitM.U.M & IronDAD Team App!