

# TERM 1, 2017 CLASS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00-7.00am	Fighting Fit		Fighting Fit			
8.00-9.00am						Fighting Fit
9.15-10.15am	Pilates	Fighting Fit		Pilates	Fighting Fit	TBC
9.30-10.30am	Female Boxing		Tabata			
10.30-11.30am					Weights	
11.30am-4.00pm	PRIVATE CLASSES AND PERSONAL TRAINING BOOKINGS AVAILABLE					
4.30-5.30pm	Kids Boxing			Kids Boxing		
5.30-6.30pm	Adults Boxing (sparring)	Adults Boxing (sparring)	Adults Boxing (sparring)	Adults Boxing (sparring)		
6.30-7.30pm	Fighting Fit	Fighting Fit	Fighting Fit	Fighting Fit		
7.30-8.30pm			Pilates			