

ACTIVE WOMENS FITNESS TIMETABLE

Opening Hours:

Monday to Thursday
6am to 12pm
4pm to 7pm

Friday
6am to 12pm

Saturday
8am to 11am

Sunday
9am to 11am

	MON	TUE	WED	THU	FRI	SAT	SUN
6.30am	Dance Circuit	Fit 4 All	Fit Circuit	Strength Circuit	Fit 4 All		
8.00am	Dance Circuit		Fit Circuit	Strength Circuit	Box Circuit		
9.00am						Jungle Body	
9.15am	HITT 30		HITT 30		HITT 30		
10.00am	Dance Circuit	Fit 4 All	Fit Circuit	Yoga	Box Circuit		
6.00pm	Fit 4 All	Pilates	Fit 4 All	Box Fit			
6.30pm							