

FITNESS 4173: 1604 WYNNUM RD, TINGALPA PH: 3390 5629



	MORNING		AFTERNOON	
MONDAY	5:30am - 6:15am	POWER BAR	5:00pm - 5:30pm	HIIT
	8:00am - 8:45am	AQUA	5:30pm - 6:00pm	MMA
	9:15am - 9:45am	4173 EXTREME	6:00pm - 6:30pm	BOX FIT
	9:45am - 10:45am	BAR EXPRESS	6:15pm - 7:00pm	AQUA
			7:00pm - 7:45pm	ZUMBA
TUESDAY	5:00am - 5:30am	HIIT	5:30pm - 6:15pm	TINGALPA 45
	5:30am - 6:00am	CRANK IT	6:15pm - 7:00pm	AQUA
	6:00am - 6:30am	HIIT	6:30pm - 7:30pm	YOGA
	8:00am - 8:45am	AQUA		
	9:15am - 10:00am	4173 CIRCUIT		
	10:30am - 11:30am	TAI CHI		
WEDNESDAY	5:30am - 6:15am	TINGALPA 45	5:00pm - 5:30pm	HIIT
	6:00am - 6:45am	AQUA	5:30pm - 6:00pm	SPIN CIRCUIT
	9:15am - 10:00am	ZUMBA	6:00pm - 6:45pm	BAR & BOOTY
	9:15am - 10:00am	AQUA	6:15pm - 7:00pm	AQUA
	9:15am - 9:45am	MMA		
THURSDAY	8:00am - 8:45am	AQUA	5:30pm - 6:30pm	PILATES
	9:15am - 9:45am	ABT	5:30pm - 6:00pm	MMA
	9:45am - 10:45am	TAI CHI YOGA	6:00pm - 6:30pm	BOX FIT
			6:15pm - 7:00pm	AQUA
FRIDAY	5:30am - 6:00am	XTRAIN		
	6:00am - 6:30am	STRETCH CORE		
	8:00am - 8:45am	AQUA		
	9:15am - 10:00am	POWERBAR		
SATURDAY	8:00am - 9:00am	PILATES		
	8:00am - 8:45am	BOXFIT		
	9:00am - 9:45am	ZUMBA		

Go to: www.fitness4173.net.au
for class descriptions

Tingalpa Crèche:
Mon to Fri: 9am - 11am
Mon & Wed: 5.30pm - 7.30pm
Sat: 8am - 10am

MANLY POOL: 1 FAIRLEAD CRES, MANLY PH: 3396 2578



	MORNING		AFTERNOON	
MONDAY	5:40am - 6:10am	HIIT	6:00pm - 6:45pm	AQUA
	6:10am - 6:40am	HIIT		
	8:45am - 9:15am	KICK FIT		
	9:30am - 10:00am	HIIT		
TUESDAY	9:15am - 10:00am	AQUA	5:45pm - 6:15pm	HIIT
			6:15pm - 6:45pm	FOREVER YOUNG
WEDNESDAY	9:30am - 10:15am	FOREVER YOUNG	5:30pm - 6:00pm	KICK FIT
	10:45am - 11:30am	AQUA	6:00pm - 6:45pm	AQUA
THURSDAY	5:40am - 6:10am	HIIT	5:45pm - 6:15pm	HIIT
	6:10am - 6:40am	HIIT	6:15pm - 6:45pm	HIIT
	9:15am - 10:00am	AQUA		
FRIDAY	9:30am - 10:00am	HIIT		
SATURDAY	8:00am - 8:45am	AQUA		