

Term 1 Timetable - 17th Jan - 15th April



Face to Face Classes

MONDAY

5.45pm - Circuit
(Gym)

TUESDAY

6am - Band + Core
(Hall or Square)

WEDNESDAY

6am - Circuit
(Gym) - Kathryn

9.15am - Beginners
/ Seniors (Gym)

*11.45am - Aqua

THURSDAY

9.15am - Mums
(Footy Oval)

5.45pm - Circuit
(Square)

*7pm - Aqua

FRIDAY

6am - Boxing
(Town Square)

9.15am - Seniors
(Gym)

10.15am - Seniors /
Beginners (Gym)

*11.45am - Aqua

**Aqua commences 24th January - 1st April (10 weeks)*

Zoom Classes

All Zoom sessions are recorded and uploaded to the members Facebook group

Zoom Details

Stace & Kel W: 510 941 3054

Kel R: 671 556 0239 Password: fitness

MONDAY

6.15am - HIIT
Kel R (15 mins)

5.45pm - Circuit
Kel W (45 mins)

TUESDAY

6am - Band + Core
Stace (45 mins)

WEDNESDAY

6.15am - Strength
Circuit - Kel R

THURSDAY

5.45pm - Circuit
Stace (45 mins)

FRIDAY

6.15am - HIIT /
Yoga - Kel R