

FIT 139 timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP TRAINING 05:00	GROUP TRAINING 08:45	STEP BODYWORX 05:00	FITBARRE 08:30	GROUP TRAINING 05:00
GROUP TRAINING BTL (BUMS, TUMS AND LEGS) 08:30	FLOW-FIT 09:45	FITSTEP 08:30	FLOW-FIT 09:45	BODYPUMP & JUMP 08:45
FITPULSE (UPSTAIRS) 17:15	GROUP TRAINING 17:15	FITSTEP 17:30	FITPULSE (UPSTAIRS) 17:15	
FITSTEP 17:30	GROUP TRAINING BTL (BUMS, TUMS & LEGS) 18:15		FITSTEP 17:30	
FITBARRE 18:15		BODYPUMP & JUMP 18:15	CRUNCH & CURLS 18:15	
FLOW-FIT (UPSTAIRS) 18:15			FLOW-FIT (UPSTAIRS) 18:15	



083 733 2817

70B GEMINI STREET