



Group Fitness Timetable

\$10 per session or \$25 per week unlimited classes

***SPECIAL OFFER FOR FITNESS STUDIO MEMBERS: \$5 PER SESSION!**

MINDFUL BODY FITNESS & MASSAGE

PH: 0402 647 907

Please phone/text Cheryl to confirm your booking

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM Bootcamp	6:30 AM HIIT	6:00 AM Boxing	6:30 AM HIIT		8:00 AM Boxing	9:00 AM Boxing
7:00 PM Strength					11:30 AM Endurance Training	