



AUSTRALIA DAY CLASS SCHEDULE

**SATURDAY 26TH
JANUARY 2019**

ZUMBA®

9:00AM - (60MINS)

POWER PILATES

10:00AM - (45MINS)

BOXING CONDITIONING

10:30AM - (60MINS)

AUSSIE SMASH HIIT - SPECIAL CLASS

10:45AM - (45MINS)





AUSTRALIA DAY

CLASS SCHEDULE

SUNDAY 27TH
JANUARY 2019

—
RISE AND SHINE YOGA
9:00AM - (60MINS)

ULTIMATE CONDITIONING
9:15AM - (45MINS)

BOOTY BALANCE
10:00AM - (45MINS)

KICKBOXING CONDITIONING
10.15AM - (60MINS)





AUSTRALIA DAY CLASS SCHEDULE

**MONDAY 28TH
JANUARY 2019**

POWER PILATES
9:00AM - (60MINS)

360 WARRIOR
9.15AM - (30MINS)

BOXING CONDITIONING
10:00AM - (60MINS)

