

TIMETABLE

WEEKDAY	7AM-7:45	9.15-10.15AM	6PM	6.30PM	NOTES
MONDAY	HIIT ONLINE (with me) ID 7427728677 PSWD 0190		LEAN LEGS	HIIT	
TUESDAY	WEIGHTS & CARDIO at Dendy Park		AWESOME UPPER	CARDIO	BASTERFIELD PARK, HAMPTON EAST & Dendy Park plus local beaches
WEDNESDAY	WEIGHTS & HIIT at Dendy Park	WEIGHTS ONLINE (with Chad) ID 4609914074 PSWD BOF			CALL CAROLYN 0411268732 TO BOOK YOUR CLASS
THURSDAY	CORE ONLINE (with me) ID 7427728677 PSWD 0190		CIRCUIT 45mins	YOGI STRETCH 15mins	CASAUAL RATES 30MINS \$20, 50+ MINS \$30
FRIDAY	STRETCH ONLINE ID 7427728677 PSWD 0190	9.15-10.15AM HIIT at Balcombe Reserve, Balcombe rd			* Beaumaris class is held in conjunction with Bayside Outdoor Fitness group
SATURDAY	7.30 to 8.30AM CARDIO AT THE BEACH (Brighton, Jetty rd, Royal av rotations)	* Pop up classes online. Check WhatsApp for details		The first Tues of the month 6pm is boxing. BYO gloves	ONLINE classes \$95 per month incl. recordings (or incl. in full membership)