

TIMETABLE

WEEKDAY	6-650AM	7AM-745	915-1015AM	12 NOON	6PM	630PM
MONDAY		CPR 7-745AM ONLINE			LEAN LEGS (HYBRID)	CPR
TUESDAY	CPR/CORE (HYBRID)				AWESOME UPPER (HYBRID)	CARDIO
WEDNESDAY					CPR ONLINE (with Chad)	CORE ONLINE (with me)
THURSDAY	CIRCUIT/YOGI STRETCH (HYBRID)		915-1015AM WEIGHTS at Balcombe Reserve, Balcombe rd		CIRCUIT (HYBRID)	YOGI STRETCH
FRIDAY			915-1015AM CPR/STRETCH at Balcombe Reserve, Balcombe rd	STRETCH ONLINE		
SATURDAY		730 to 830AM CARDIO AT THE BEACH (Brighton, Jetty rd, Royal av rotations)		*Pop up classes online. Check WhatsApp for details	HYBRID classes are in person & online at the same time, so follow along at home	The last Tues of the month is boxing. BYO gloves



BASTERFIELD PARK,
HAMPTON EAST &
local beaches

CALL CAROLYN
0411268732 TO BOOK
YOUR CLASS

CASUAL RATES
30MINS \$18,
50+ MINS \$28

*Beaumaris classes are
held in conjunction with
Bayside Outdoor
Fitness group

ONLINE classes \$85
per month (or incl. in
membership)