

MONDAY 28TH 24/7 FOB REQUIRED - STAFF UNATTENDED

"AUSTRALIA DAY PUBLIC HOLIDAY"

8.15AM - 9AM HNR - GARY & STEVE

9AM - 10AM - BODYCOMBAT - MEL

TUESDAY 29TH - RECEPTION HOURS 8AM - 7PM

9AM CYCLE - MEL

9.30AM STEEL TRAINING - MEL

5.10PM STEEL TONIC - MEL

5.45PM TUMMY HIPS THIGHS - PETE

5.45PM HNR - MEL

6PM CYCLE - KIM.L

WEDNESDAY 30TH - RECEPTION HOURS 8AM - 7PM

5.45AM CYCLE - STACEY

9AM STEP - MEL

9.30AM BODYCOMBAT - MEL

5.10PM KIMAX EXPRESS - SHANE

5.45PM STEEL TRAINING - SHANE

6PM HNR - LARISSA

6.30PM TUMMY HIPS THIGHS - KIM.L

THURSDAY 31ST - RECEPTION HOURS 8AM - 7PM

5.45AM HNR - TYLER

6AM STEEL TRAINING - KIM.L

9.30AM HIIT BOXING - RHIANNON

5.10PM BODYCOMBAT - MEL

5.45PM MELS MASH UP

5.45PM CYCLE - GARY

6.30PM HNR - STEVE

FRIDAY 1ST RECEPTION HOURS 8AM - 6PM

5.45AM CYCLE KIM.Ky

9AM CYCLE - MEL

9.30AM STEEL TONIC AND TRAINING - MEL

5.30PM HIIT - TROY

SATURDAY 2ND - RECEPTION HOURS 8AM - 11AM

8.15AM STEEL TRAINING - LARISSA

8.15AM CYCLE - GARY

9AM HNR - RHIANNON

SUNDAY 3RD - 24/7 FOB REQUIRED STAFF UNATTENDED

4PM KIMAX - STEVE

MONDAY 4TH

NEW TIMETABLE STARTS - GRAB FROM RECEPTION

AUSTRALIA DAY.

GROUP FITNESS TIMETABLE

TIMETABLE STARTS MONDAY 4TH FEB

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5.45am	Kim K	Larissa	Kim K	Larissa	Tyler	8.15am	Gary	8.15am	
6.00am	STARTS 18 FEB Deb	Kim L	TUMMY HIPS Kim L	Deb R		8.15am	Larissa	8.15am	
6.30am	Kim K				Tyler	9.00am	LARISSA'S MASH UP	9.00am	
8.30am	OVER 55s Andrea					9.00am	Gary / Steve	4.00pm	KIMAX Steve
9.00am	Mel	Rhiannon	Mel	Rhiannon	Mel	<h2>MEET OUR TEAM</h2> <p>MONDAY - THURSDAY 7AM - 7PM FRIDAY 8AM - 6PM SATURDAY 8AM - 11AM SUNDAY - YOU REQUIRE A 24/7 FOB PUBLIC HOLIDAYS SEE RECEPTION</p> <p>ALL MEMBERS REQUIRE A TOWEL, RUNNERS AND WATER</p> <p>ALL 24/7 MEMBERS REQUIRE A CURRENT MEMBERSHIP, ANY TAIL GATING WILL RESULT IN CANCELLATION OF MEMBERSHIP</p> <p>FOR ENQUIRIES OUTSIDE STAFFED HOURS EMAIL BODYANDSOUL@NCABLE.NET.AU OR CONTACT US VIA FACEBOOK</p>			
9.30am	MEL'S MASH UP	BOXING HIIT Rhiannon	BODYCOMBAT™ Mel	BUN'S GUN'S Rhiannon	Mel				
10.30am	MUMS & BUBS Andrea		MUMS & BUBS Tyler						
30mins 5.10pm	STEP Mel	Mel	Mel	BODYCOMBAT™ Shane & Mel					
45mins 5.40pm	BODYCOMBAT™ Mel & Shane	TUMMY HIPS Pete	Shane	MEL'S MASH UP	5.45pm FRIDAY HIIT HNR SUPER SESSION - ALL WELCOME Gary & Steve				
45mins 5.45pm	Pete	Mel	Gary	Shane					
45mins 6.00pm		Kim K		Kim L					
6.00pm	Gary		Kim K						
45mins 6.30pm	Kim L	WELLBEING Kim L	KIMAX Shane	BOXING HIIT Rhiannon					

PLEASE NOTE: FRONT DOOR AND CAR PARK LOCK AT 7PM, PLEASE ENTER GYM BEFORE IF YOU DON'T HAVE A FOB.