

FITNESS SESSION TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT	SUN
6am	F.I.T	Tabata	X-Trainer		F.I.T		
7am						F.I.T	
8am						Bootcamp	
8.30am					Seniors F.I.T		
9am						F.I.T	Bootcamp
9.30am	Ex Phys		Active Seniors				
9.30am	F.I.T*	F.I.T*	F.I.T	F.I.T*	F.I.T		
9.30am	X-Trainer*	Boxing*		HIIT*			
10.30am			Stretch 30m				
10.45am	Stretch & Release STUDIO 1						
12.30pm			AB&T STUDIO 1				
4pm	Junior Academy 45m		Junior Academy 45m		Junior Academy 45m		
5pm	Senior Academy 45m		Senior Academy 45m		Senior Academy 45m		
5.45pm	E.F.T 30m		E.F.T 30m				
6.15pm	Boxing / X-Trainer STUDIO 2	X-Trainer STUDIO 2	Bootcamp				
6.15pm	F.I.T	F.I.T	F.I.T	F.I.T			
7pm		Tabata					
7.15pm	F.I.T		F.I.T				
7.30pm	Mat Pilates STUDIO 2						

FITNESS LOCAL
Concord RSL,
Nirrandra St, Concord
p: 02 9736 2270

F.I.T ACADEMY
Activate Cricket Centre
23 Tennyson Rd, Mortlake
p: 02 9736 2270

F.I.T MORTLAKE
23 Tennyson Rd,
Mortlake
p: 1300 588 058

WELLNESS LOCAL - STUDIO 1
3/70 Tennyson Rd Mortlake • m: 0426 573 232

COMMUNITY HALL
The Village Green,
Breakfast Point
p: 02 9736 2270

F.I.T MORTLAKE
23 Tennyson Rd,
Mortlake
p: 1300 588 058

**READY STEADY
GO KIDS - STUDIO 2**
2/70 Tennyson Rd,
Mortlake



SUMMERTIMETABLE 2018

	mon	tue	wed	thur	fri		sat	sun
6am	Reformer Intermediate	Barre	Reformer Fundamentals	Mat Pilates	Reformer Intermediate	6am		
7.30am				Reformer Fundamentals		7am	Reformer Intermediate	
8.30am	Reformer Fundamentals	Mat Pilates	Reformer Intermediate	Reformer Fundamentals	Pilates Power Circuit	8am	Yoga Flow	
9am						9am		Yogilates
9.30am	Reformer Intermediate	Yoga Fundamentals	Reformer Intermediate	Reformer Fundamentals	Reformer Fundamentals	9.15am	Pilates Power Circuit	
9.45am						10.15am	Reformer Fundamentals	Reformer Fundamentals
10.45am	Stretch and Release	Reformer Fundamentals	Yoga Restore	Yoga Restore	Yoga Fundamentals			
5pm		Reformer Fundamentals	Reformer Fundamentals					
5.15pm	Reformer Fundamentals							
6pm		Reformer Intermediate		Reformer Intermediate				
6.15pm	Yoga Flow		Yoga Fundamentals					
7pm		Yoga Restore		Reformer Intermediate			* Wellness Local memberships include unlimited access to Fitness Local classes and gym	
7pm				Yoga Flow STUDIO 2				
7.30pm	Mat Pilates STUDIO 2		Reformer Fundamentals					
7.30pm	Reformer Intermediate							

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