

**FITNESS SESSION TIMETABLE**

|         | MON                      | TUE          | WED                | THUR          | FRI                | SAT      | SUN      |
|---------|--------------------------|--------------|--------------------|---------------|--------------------|----------|----------|
| 6am     | F.I.T                    | Tabata       | X-Trainer          |               | F.I.T              |          |          |
| 7am     |                          |              | Spin               |               |                    | F.I.T    |          |
| 8am     |                          |              |                    |               |                    | Bootcamp |          |
| 8.30am  |                          |              |                    |               | Seniors Spin       |          |          |
| 9am     | Ab Blast                 |              |                    |               |                    | 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  | Spin                     | Boxing*      |                    | HIIT Circuit* |                    |          |          |
| 10.30am |                          | Spin Xpress* | Stretch 30m        |               | Spin Xpress        |          |          |
| 10.45am | Stretch & Release        |              |                    |               |                    |          |          |
| 12.30pm |                          |              | AB&T's             |               |                    |          |          |
| 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  | Box/X-Trainer            | Spin         | Bootcamp           | HIIT          | Spin               |          |          |
| 6.15pm  | F.I.T                    | F.I.T        | F.I.T              | F.I.T         |                    |          |          |
| 7pm     | Stretch, Core & Mobility | Tabata       |                    |               |                    |          |          |
| 7.15pm  | F.I.T                    |              | F.I.T              |               |                    |          |          |

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

**COMMUNITY HALL**  
The Village Green,  
Breakfast Point  
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

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

**WELLNESS LOCAL**  
3-5 Burwood Rd,  
Concord  
m: 0426 573 232

**MEDPLAZA**  
15 Tennyson Rd, Mortlake • p: 02 8765 0777



in partnership with **fitnesslocal**

## concord class schedule

|         | mon                     | tue                   | wed                   | thur                  | fri         | sat                   | sun       |
|---------|-------------------------|-----------------------|-----------------------|-----------------------|-------------|-----------------------|-----------|
| 6am     |                         | Pilates Barre         | Mat Pilates           | Reformer Fundamentals |             |                       |           |
| 6.30am  |                         |                       |                       |                       | Yoga Flow   |                       |           |
| 7.30am  |                         |                       |                       |                       |             | Reformer Intermediate |           |
| 8.30am  |                         |                       |                       |                       |             | Yoga Flow             |           |
| 9am     |                         |                       |                       |                       |             |                       | Yogilates |
| 9.30am  | Reformer Fundamentals   | Pilates Barre         | Yoga Fundamentals     | Reformer Intermediate | Mat Pilates |                       |           |
| 9.45am  |                         |                       |                       |                       |             | Reformer Fundamentals |           |
| 10.45am | Stretch and Release     |                       |                       |                       |             |                       |           |
| 4.30pm  |                         | Reformer Fundamentals |                       |                       |             |                       |           |
| 5.30pm  | Reformer Teens and Kids |                       |                       |                       |             |                       |           |
| 6pm     |                         |                       | Pilates Barre         |                       |             |                       |           |
| 6.30pm  | Reformer Fundamentals   | Yoga Restore          |                       | Yoga Flow             |             |                       |           |
| 7.15pm  |                         |                       | Reformer Fundamentals |                       |             |                       |           |

## mortlake class schedule

|         | mon                   | tue                   | wed                   | thur                  | fri                    | sat                   |
|---------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|-----------------------|
| 6am     | Reformer Intermediate | Yoga Flow             | Reformer Fundamentals |                       | Reformer Intermediate* |                       |
| 8am     |                       |                       |                       |                       |                        | Reformer Intermediate |
| 8.30am  |                       |                       | Reformer Intermediate | Reformer Fundamentals | Physiolates            |                       |
| 9.15am  |                       |                       |                       |                       |                        | Mat Pilates           |
| 9.30am  | Reformer Intermediate | Yoga Fundamentals     | Reformer Intermediate | Reformer Fundamentals | Reformer Fundamentals  |                       |
| 10.45am | Mat Pilates           | Reformer Fundamentals | Kids Yoga             | Yoga Restore          | Yoga Fundamentals      |                       |
| 5pm     |                       |                       | Reformer Fundamentals |                       |                        |                       |
| 6pm     |                       | Reformer Intermediate |                       | Reformer Fundamentals |                        |                       |
| 6.15pm  | Yoga Flow             |                       | Yoga Fundamentals     |                       |                        |                       |
| 7pm     |                       | Reformer Intermediate |                       | Reformer Intermediate |                        |                       |
| 7.15pm  |                       |                       |                       |                       |                        |                       |
| 7.30pm  | Mat Pilates           |                       |                       |                       |                        |                       |

\*Class commencing November 17, 2017

**membership includes FULL ACCESS to Fitness Local gym and classes**