



FITNESS SESSION TIMETABLE

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------|--------------------------|--------------|--------------------|---------------|--------------------|----------|----------|
| 6am | F.I.T | | X-Trainer | | F.I.T | | |
| 7am | | | Spin | | | F.I.T | |
| 8am | | | | | | Bootcamp | |
| 8.30am | | | | | Seniors F.I.T Ride | | |
| 9am | Ab Blast | | | | | F.I.T | Bootcamp |
| 9.30am | Ex Phys | Boxing* | Active Seniors | HIIT Circuit* | | | |
| 9.30am | F.I.T | F.I.T* | F.I.T | F.I.T Ride | F.I.T | | |
| 9.30am | Spin | | | | | | |
| 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 | | | | |
| 7.30pm | | Spin Xpress | | | | | |

CLASS LOCATIONS:

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| 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 |



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 | Meditation | Reformer Intermediate | |
| 8am | | | | | | Reformer Intermediate |
| 8.30am | | | Reformer Intermediate | Reformer Fundamentals | | |
| 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 | | | Meditation | | | |
| 7.30pm | Mat Pilates | | | | | |

membership includes FULL ACCESS to Fitness Local gym and classes