

| MONDAY            | TUESDAY            | WEDNESDAY             | THURSDAY           | FRIDAY            | SATURDAY              |
|-------------------|--------------------|-----------------------|--------------------|-------------------|-----------------------|
| KettleFit Circuit | KettleFit Strength | KettleFit Performance | KettleFit Strength | KettleFit Circuit | KettleFit Performance |
| 6:00am            | 6:00am             | 6:00am                | 6:00am             | 6:00am            | 7:00am                |
| 7:00am            | 7:00am             | 7:00am                | 7:00am             | 7:00am            | 8:15am                |
| 9:30am            | 9:30am             | 9:30am                | 9:30am             | 9:30am            | 9:30am                |
| 12:30pm*          | 12:30pm*           | 12:30pm*              | 12:30pm*           | 12:30pm*          |                       |
|                   |                    | 4:00pm                |                    | 4:00pm            |                       |
| 5:30pm            | 5:30pm             | 5:30pm                | 5:30pm             | 5:30pm            |                       |
| 6:30pm            | 6:30pm             | 6:30pm                | 6:30pm             |                   |                       |

*\* denotes a lunch time express class (approximately 30mins)*

For studio enquiries, contact Wayne on 0401 063 060