

FIT FOR CHANGE WINTER TIMETABLE

June 29th – August 30th, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am – 7:00am	Get Strong* (Total body) Thirroul Beach	Hybrid* Thirroul Beach	Running* Thirroul Beach	Get Strong* Thirroul Beach	HIIT* Thirroul Beach	
7:00 am – 8.00 am						Hybrid* Thirroul Beach BRING A FRIEND FOR FREE!!
8:15 - 9am	FFC Masters (65+) Thirroul Beach					
9:20 am – 10:20am	Hybrid Thirroul Beach	Get Strong Thirroul Beach	Mat Pilates Thirroul Beach	HIIT Thirroul Beach	Get Strong (Total body) Thirroul Beach	
5:30 pm – 6.30pm	Mat Pilates Thirroul Public School		Get Strong Thirroul Public School			

*In the case of bad weather, class will be held at Thirroul Public School (entry on Roxburgh Avenue)