

FIT FOR CHANGE SPRING TIMETABLE
Oct 5th – Dec 24th

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

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