

CALL US TO ENQUIRE
0416 322 316

TIMETABLE



MONDAY

6:00am LADIES SML GROUP

5:45pm MEN'S SML GROUP

7:30pm LADIES SML GROUP

BETWEEN 5:00am - 9:00pm 1 ON 1 DT

TUESDAY

5:45pm MEN'S SML GROUP

7:30pm LADIES SML GROUP

BETWEEN 5:00am - 9:00pm 1 ON 1 DT

WEDNESDAY

6:00am LADIES SML GROUP

BETWEEN 5:00am - 9:00pm 1 ON 1 DT

THURSDAY

6:00am LADIES SML GROUP

5:45pm MEN'S SML GROUP

7:30pm LADIES SML GROUP

BETWEEN 5:00am - 9:00pm 1 ON 1 DT

FRIDAY

BETWEEN 5:00am - 9:00pm 1 ON 1 DT

SATURDAY

BETWEEN 6:00am - 1:30pm 1 ON 1 DT