

HOLIDAY TIMETABLE January 11th – 31st January

Monday	Tuesday	Wednesday	Thursday	Friday
BOXING 6am – 7am		BOOT CAMP 6am – 7am	RUN SQUAD 6am – 6.45am <small>Black Hill School - Chisholm street</small>	CIRCUIT 6am –7am
FAT BURNER 9.15am-10am	BOXING 9.15am-10am	CYCLE 10am-10.45am	AB'S HIP & THIGHS 10am-10.45am	BOXING 10am-10.45am
	BOOT CAMP 5.45pm – 6.45pm	BOXING 5.45pm – 6.45pm	BOOT CAMP 5.45pm – 6.45pm	



www.4uhealthandfitness.com.au - 312 Gregory St West Wendouree - PH: 0427 541 163



SUMMER TIMETABLE Feb 1st – 26th March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
BOXING 6am – 7am	PILATES 6am-7am	BOOT CAMP 6am – 7am	RUN SQUAD 6am – 6.45am <small>Black Hill School - Chisholm street</small>	CIRCUIT 6am –7am
FAT BURNER 9.15am-10am	BOXING 9.15am-10am	CYCLE 10am-10.45am	AB'S HIP & THIGHS 10am-10.45am	BOXING 10am-10.45am
	Intermediate Boxing 10am - 10.30am			
PILATES 2pm—2.45pm	Pre & Post-Natal 2pm—2.45pm	CIRCUIT 2pm—2.45pm	BOXING 2pm—2.45pm	
	BOOT CAMP 5.45pm – 6.45pm	BOXING 5.45pm – 6.45pm	BOOT CAMP 5.45pm – 6.45pm	



www.4uhealthandfitness.com.au - 312 Gregory St West Wendouree - PH: 0427 541 163

