



TIMETABLE

12th APRIL – 25th JUNE 2010

Monday	Tuesday	Wednesday	Thursday	Friday
BOXING 6am – 7am	RUN SQUAD 6am – 6.45am Botanical gardens	BOOT CAMP 6am – 7am	RUN SQUAD 6am – 6.45am Black Hill School - Chisholm street	CIRCUIT 6am – 7am
FAT BURNER 9.15am-10am	BOXING 9.15am-10am	CYCLE 10am-10.45am	BOOT CAMP 10am – 10.45am	BOXERCYCLE (cycle & boxing) 10am – 10.45am
	Intermediate Boxing 10am - 10.30am			
AB'S HIP & THIGHS (core strength) 2pm – 2.45pm	PRE & POST NATAL 2pm – 2.45pm	CIRCUIT 2pm – 2.45pm	CYCLE 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

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