ABBA Fitness Classes

**SEPTEMBER SCHOOL HOLIDAY TIMETABLE**

**effective Monday 23rd September   
to Saturday 5th October**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **6:00am** | **7.30am** | **9.00am** |
| **MON** | **METAFIT**  **(\*CCH)**  **30 mins** |  |  |
| **TUES** | **TRAINER’S CHOICE**  **(\*MPH)**  **45 mins** |  |  |
| **WED** | **CARDIO BOXING**  **(\*MPH)**  **45 mins** |  | **TABATA**  **(\*MPH)**  **45 mins** |
| **THURS** | **RUNNING TRAINING (ALL LEVELS)**  **MEET AT MPH**  **45 mins** |  |  |
| **FRI (class will run on 27th Sept, which is a public holiday)** | **POWER PUMP**  **(\*CCH)**  **45 mins** |  | **POWER PUMP**  **(\*CCH)**  **45 mins** |
| **SAT** |  | **OUTDOOR TRAINING (weather permitting. If raining class will be in MPH)**  **45 mins** |  |

**\*CCH – Community Centre \*MPH – Multipurpose Hall**

**For more details, contact Tracy on 0422 002 500 or** [**ktnaismith@iinet.net.au**](mailto:ktnaismith@iinet.net.au)

2 weeks - $29.00

(plus $15 AGCS annual family membership if not already paid)

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