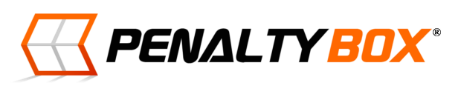
**TERM 4 GROUP FITNESS TIMETABLE**

ABBA Fitness Classes

**effective Monday 7th October  
to Saturday 21st December 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **6:00am** | **7.15am** | **9.20am** | **2.30pm** | **7.15pm** |
| **MON** | **METAFIT**  **(\*CCH)**  **30 mins** |  |  |  |  |
| **TUES** | **PENALTY BOX**  **(\*MPH)**  **45 mins** |  | **TRAINER’S CHOICE**  **(\*CCH)**  **45 mins** |  |  |
| **WED** | **BOXING**  **(\*MPH)**  **45 mins** |  |  |  | **METAFIT**  **(\*MPH)**  **30 mins** |
| **THURS** | |  |  |  | | --- | --- | --- | |  | **RUNNING TRAINING**  **(ALL LEVELS)**  **MEET AT MPH**  **45 mins** |  | |  |  | **TABATA BOOTY BLAST**  **(\*MPH)**  **30 mins** | **ZUMBA**  **(\*CCH)**  **45 mins** |
| **FRI** | **POWER PUMP**  **(\*MPH)**  **45 mins** |  | **POWER PUMP**  **(\*CCH)**  **45 mins** |  |  |
| **SAT** |  | **PENALTY BOX**  **(\*MPH)**  **45 mins** |  |  |  |

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

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

11 week term –$174.00 or 2 instalments of

1st instalment (6 weeks) $95.00 / 2nd instalment (5 weeks) $79.00

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

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