**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**

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)

[www.agcsinc.org.au](http://www.agcsinc.org.au) |enquiries@agcsinc.org.au | facebook/AGCSinc

103-105 Kearney Drive, Aspendale Gardens | 9587 5955

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