

FIT • FIT STATE OF MIND

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM			5.30AM-6.00AM* OPEN GYM	5.15AM CONDITIONING	5.15AM STRENGTH & CONDITIONING	
6AM	6.00AM STRENGTH & CONDITIONING	6.00AM HIIT	6.00AM STRENGTH	6.00AM CONDITIONING	6.00AM STRENGTH & CONDITIONING	
7AM	7.00AM-9.00AM* OPEN GYM				7.00AM-9.00AM* OPEN GYM	7.00AM KICKSTART
8AM	7.00AM-9.00AM* OPEN GYM					
9AM	9.15AM STRENGTH & CONDITIONING		9.15AM STRENGTH		9.15AM STRENGTH & CONDITIONING	
10AM	10.00AM MUMS & BUBS		10.15AM-11.45AM* OPEN GYM			
12PM	12.00PM STRENGTH & CONDITIONING		12.00PM STRENGTH			
2PM	2.15PM-3.45PM* OPEN GYM		2.15PM-3.45PM* OPEN GYM			
3PM	2.15PM-3.45PM* OPEN GYM	3.00PM-4.00PM* OPEN GYM	2.15PM-3.45PM* OPEN GYM			
4PM	4.15PM STRENGTH & CONDITIONING	4.15PM HIIT	4.15PM STRENGTH	4.15PM CONDITIONING		
5PM	5.15PM STRENGTH & CONDITIONING	5.15PM HIIT	5.15PM STRENGTH	5.15PM CONDITIONING		
6PM		6.15PM HIIT				

FITSTATEOFMIND.COM.AU // Where your body achieves what your mind believes

* Trial Time Slots
45 minute classes