



SMART TRAINING SMART THINKING SMART EATING

MT GRAVATT CLASS TIMETABLE AS AT 1st JUNE 2010

PLEASE NOTE THIS IS SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:15am	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	
5:30	MIXED CLASS	MIXED CLASS	MIXED CLASS	MIXED CLASS	MIXED CLASS		
6:00	WEIGHTLOSS FOR WOMEN	1 ON 1 PT	WEIGHTLOSS FOR WOMEN	1 ON 1 PT	WEIGHTLOSS FOR WOMEN		
6:30	1 ON 1 PT	MASTERS IN MOTION	1 ON 1 PT	MASTERS IN MOTION	1 ON 1 PT		
6:45							
7:00	1 ON 1 PT		1 ON 1 PT	1 ON 1 PT			
7:30							
7:45							
8:00							
8:15							
8:30	1 ON 1 PT		1 ON 1 PT		1 ON 1 PT	MIXED CLASS	
9:00	WEIGHTLOSS FOR WOMEN		WEIGHTLOSS FOR WOMEN		WEIGHTLOSS FOR WOMEN		
9:30					1 ON 1 PT		
9:45		OPEN BY APPOINTMENT ONLY			1 ON 1 PT		
10:00	MASTERS IN MOTION		MASTERS IN MOTION	MASTERS IN MOTION			
10:30			1 ON 1 PT				
11:00	OPEN BY APPOINTMENT ONLY			OPEN BY APPOINTMENT ONLY	MASTERS IN MOTION		
11:30							
12:00pm			MASTERS IN MOTION				
12:30			1 ON 1 PT				
1:00			1 ON 1 PT				
1:30							
2:00							
3:30		1 ON 1 PT			1 ON 1 PT		OPEN BY APPOINTMENT ONLY
4:00		TEENS FITNESS			TEENS FITNESS		
4:15		1 ON 1 PT	WEIGHTLOSS FOR WOMEN		1 ON 1 PT	WEIGHTLOSS FOR WOMEN	
4:45		MEN WITH GUTS	WEIGHTLOSS FOR WOMEN	MEN WITH GUTS			
5:00	WEIGHTLOSS FOR WOMEN	MIXED CLASS	MEN WITH GUTS	MIXED CLASS			
5:30							
6:15	MEN WITH GUTS		MIXED CLASS				
6:30	MIXED CLASS						
7:15							
7:15							
8:00pm							

PLEASE NOTE THAT ACCESS TIMES ARE NOW RUN BY APPOINTMENT ONLY.
ONE-ON-ONE PERSONAL TRAINING IS STILL AVAILABLE DURING OFF-PEAK TIMES BY APPOINTMENT ONLY.

PLEASE CALL THE STUDIO ON 3349 8646 FOR MORE INFORMATION.