

December Christmas Timetable

Cnr North Rd & The Strand
 Williamstown
 Ph: (03) 9399 1100
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OPENING HOURS:
 Mon - Thur 6.00am - 10.00pm
 Fri - 6:00am - 9.00pm
 Sat - Sun 8.00am - 6.00pm

***PUBLIC HOLIDAY HOURS:**

24/12/11: 8-2pm
 27/12/11: 8-2pm
 31/12/11: 8-2pm
 02/01/12: 8-4pm

CLOSED
25/12/11
26/12/11
1/01/12



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15am	CIRCUIT 45 Michael	LBC 30 Nedeen	REV 45 Tim	50/50 30 Nedeen	REV 45 Tim		
6.45am		STEP 30 Nedeen		LBC 30 Nedeen			
8.45am							
9.15am	POWERFIT 60 Kim	X55 60 Kim	LBC 30 Nedeen	INTERVAL 60 Nedeen	HI LO 30 Nedeen	HI LO 60 Nedeen YOGA 60 Tracey	Rev 45 min Trainer
9.45am					LBC 30 Nedeen		ZUMBA 60 Tracey
10.15am	ZUMBA 60 Josie		FAT BURNER 30 Nedeen	ZUMBA 60 Tracey		ZUMBA 60 Narelle (BsktBll Crt)	
11.00am							
11.15am							
11.30am							
5:30pm	YOGA 60 Ruth						
6.00pm	REV 45 Leah						
6.15pm	BEGINNERS GO LO 30 Nedeen	POWERFIT 60 Kim REV 45 Tim	BOXERCISE 60 Barry	REV 45 Leah ZUMBA 60 Narelle	CIRCUIT45 Adryana		
6.30pm	Boxercise 60 Barry						
7.00pm	STEP 60 Nedeen				YOGA 60 Ruth		
7:30pm		CIRCUIT 60 Kim	HI LO 30 Nedeen	PILATES 60 Sue			
8.00pm	LBC 60 Nedeen YOGA 60 Ruth		THT 30 Nedeen YOGA 60 Mary-Ellen				

Please bring a towel and water bottle to every class. Thankyou.

***Morning classes ONLY on Public Holidays**