

MON

TUES

WED

THUR

FRI

SAT



BOXING
Lake Kawana

5:45am
Larissa



HIIT
Lake Kawana

5:45am
Steph



CORE & BOOTY
Lake Kawana

5:45am
Steph



RESISTANCE
Lake Kawana

5:45am
Larissa



*SURPRISE

7am
Deb or Nicole



CORE & BOOTY
Wyanda Park

9:15am
Larissa



RESISTANCE
Wyanda Park

9:15am
Larissa



BOXING
Wyanda Park

9:15am
Larissa



FITNESS
Buddina School

5:45pm
Steph



RESISTANCE
Buddina School

5:45pm
Larissa



HIIT
Buddina School

5:45pm
Larissa