

# GROUP FITNESS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM	H.I.I.T		SPIN		H.I.I.T	
7 AM				YOGA		
11 AM						*FREE STYLZ
4:15 PM	H.I.I.T		H.I.I.T			
4:30 PM		U18 BOXING FITNESS				
5.00 PM	YOGA					
5:15 PM			PILATES			
5:30 PM		BOXING FITNESS		BOXING FITNESS		

## OPENING TIMES:

MONDAY TO FRIDAY:  
SATURDAY:  
SUNDAY:  
PUBLIC HOLIDAYS:

6-9 AM, 12-2:30 PM, 3-8 PM  
8-11AM  
CLOSED  
CLOSED

\* FREE STYLZ is  
\$5 per session  
First session is FREE!

**FOR MORE INFORMATION: (07) 3244 5675**  
**LEVEL 1, A BLOCK, 14 GLENELG STREET, SOUTH BRISBANE**  
[go.tafeqld.edu.au/Gym-Membership](http://go.tafeqld.edu.au/Gym-Membership)

RTO 0275 | CRICOS 03020E

