

EXPO SPECIAL

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right
gym

and she
can conquer
the world.

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*Offer valid at Fernwood Cannington on new 12 month memberships until 30/09/2018 only. Must present flyer in club to redeem offer. Not available with any other offer. Conditions apply. See in club for a full set of terms.

GROUP FITNESS TIMETABLE

MONDAY

5:30am	Grit Cardio	30
6:00am	Body Pump	60
9:30am	Body Attack	60
10:35am	Jagua	60
11:30am	Super Stretch	30
4:30pm	Amazing Abs	30
5:00pm	Cross Training	30
5:30pm	Body Attack	60
5:30pm	Power Fit**	30
6:00pm	RPM XP	30
6:35pm	Body Pump XP	30
7:10pm	CX Worx	30
7:40pm	Yoga	60

THURSDAY

5:30am	Grit Strength	30
6:00am	RPM	45
6:30am	Super Stretch	30
9:30am	Body Step	60
9:30am	Power Fit**	30
10:35am	Jagua	60
11:30am	Boxing	30
5:00pm	Grit Cardio	30
5:30pm	Body Pump	60
6:00pm	Low Impact	30
6:30pm	Super Stretch	30
6:35pm	CX Worx	30
7:00pm	Power Fit**	30

TUESDAY

5:30am	Power Fit**	30
6:00am	Boxing	30
9:00am	Grit Strength	30
9:30am	RPM	45
9:30am	Konga	60
10:35am	CX Worx	30
11:30am	Swiss Ball XP	30
4:00pm	Cross Training	30
4:30pm	Pilates XP	30
5:00pm	CX Worx	30
5:30pm	Grit Strength	30
5:35pm	RPM	45
6:00pm	Grit Cardio	30
6:35pm	Body Combat	60
7:10pm	Super Stretch	30
7:40pm	Jagua	60

FRIDAY

5:30am	Body Pump XP	30
6:00am	Grit Cardio	30
6:30am	CX Worx	30
9:00am	RPM XP	30
9:30am	Body Combat	60
10:35am	Konga	60
4:30pm	Pilates	60
5:00pm	Trim Tops	30
5:30pm	Konga	60

SATURDAY

6:30am	Power Fit**	30
7:00am	RPM	45
8:00am	Body Pump	60
9:05am	Body Attack	60
10:10am	CX Worx	30
10:50am	Konga	60
12:00pm	Yoga	60
1:30pm	Trim Tops	30
2:00pm	Amazing Abs	30

WEDNESDAY

5:30am	CX Worx	30
6:00am	Metafit	30
6:30am	Cross Training	30
9:00am	Grit Cardio	30
9:30am	Body Pump	60
10:35am	Yoga	60
1:30pm	Circuit	30
4:30pm	Trim Tops	30
5:30pm	Body Step	60
5:30pm	Boxing	30
6:00pm	Swiss Ball XP	30
6:35pm	Body Pump	60
7:40pm	Konga	60

SUNDAY

7:30am	Konga	60
9:00am	Metafit	30
10:10am	Pilates	60
12:00pm	Lovely Legs	30
12:30pm	Super Stretch	30

Fernwood Cannington
Call 9358 6222
34 William St



**TRY US
 TODAY for
 FREE for
 7 DAYS**

*Valid at Fernwood Cannington Only. Pass not redeemable for cash. Limit 1 per person and cannot be used in conjunction with any other offer. Must be used on consecutive days once activated. Timetable subject to change.

**Fees apply