

GROUP FITNESS

OCTOBER - DECEMBER

5:30-6:30PM

THURS OCT 22ND
HIIT @ DAREN GINNS CENTRE

TUES NOV 24TH
HIIT @ DAREN GINNS CENTRE

TUES OCT 27TH
FUNCTIONAL CLASS @ INDOOR SPORTS
CENTRE

THURS NOV 26TH
FUNCTIONAL CLASS @ CIVIC CENTRE

THURS OCT 29TH
BOOTCAMP @ KEV BANNAH OVAL

TUES DEC 1ST
BOOTCAMP @ KEV BANNAH OVAL

TUES NOV 3RD
HIIT @ DAREN GINNS CENTRE

THURS DEC 3RD
HIIT @ DAREN GINNS CENTRE

THURS NOV 5TH
FUNCTIONAL CLASS @ INDOOR SPORTS
CENTRE

TUES DEC 8TH
FUNCTIONAL CLASS @ CIVIC CENTRE

TUES NOV 10TH
BOOTCAMP @ KEV BANNAH OVAL
CENTRE

THURS DEC 10TH
BOOTCAMP @ KEV BANNAH OVAL

THURS NOV 12TH
HIIT @ DAREN GINNS CENTRE

TUES DEC 15TH
HIIT @ DAREN GINNS CENTRE

TUES NOV 17TH
FUNCTIONAL CLASS @ INDOOR SPORTS
CENTRE

THURS DEC 17TH
CHRISTMAS CHALLENGE

THURS NOV 19TH
BOOTCAMP @ KEV BANNAH OVAL

FOR MORE INFO CONTACT:
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CLASSES RECOMMENCE WEEK OF
JANUARY 11TH 2021