


# TOOWOOMBA

## CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Circuit Training	Strength & Conditioning	Functional Movement	Cardio	Boot Camp
7:30 AM	Low Impact Chair Stretch	Low Impact Strength	Functional Movement		
9:00 AM	Low Impact Chair Stretch	Low Impact Strength	Low Impact Cardio H.I.I.T		Low Impact Boot Camp
9:15 AM				Low Impact Gentle Moves	
12:00 PM	Circuit Training (40 min)	Strength & Conditioning (40 min)	Functional Movement (40 min)	Bootcamp (40 min)	Box Fit (40 min)
12:00 PM	Pilates			Pilates	
5:00 PM		Yoga		Beginners Yoga	
5:30 PM	Pilates				
6:00 PM	Cardio Fit	Boot Camp	Box Fit	Strength & Conditioning	

All classes run for 50 minutes unless otherwise stated



# Proudly Non-For-Profit