

## RUNNING WILD FITNESS HOLIDAY TIMETABLE



**16 to 21 JANUARY 2012 ONLY**  
**GYM TIMETABLE**

Monday 16 January 2012 10:00am - 12:00pm & 6:00pm - 8:00pm	Tuesday 17 January 2012 5:30pm - 7:30pm	Wednesday 18 January 2012 5:00pm - 7:00pm	Thursday 19 January 2012 9:00am - 11:00pm & 4:00pm - 8:00pm	Friday 20 January 2012	Saturday 21 January 2012 9:30am - 11:00am
<b>CLASS TIMETABLE</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SPIN 9:00am - 10:00am	SPIN 7:00am - 8:00am	SPIN 9:00am - 10:00am BOXERCISE 10:00am - 11:00am	BEGINNERS SPIN 7:00am - 8:00am	SPIN 7:00am - 8:00am BOXING 9.30am 9.30am - 10.30am ZUMBA 10:30am - 11:30am
Sandra's GROUP P.T. 10.00am - 11.00am BEGINNERS STRENGTH CLASS 11.00am - 12.00am		CAS's CIRCUIT 10.30am - 11.30am		SANDRA'S GROUP P.T 11.00am - 12.00am	
			SPIN COMBO 4.30pm - 5.30pm SPIN COMBO 5:30pm - 6:30pm		
ADV SPIN COMBO 6.00pm - 7.00pm	BOXING CIRCUIT 5:30am - 6:30am BUTT, ABS & THIGHS 6:30am - 7:30am	BEGINNERS STRENGTH 5.00pm - 6.00pm SPIN 6:00pm - 7:00pm			
ZUMBA 7:00am - 8:00am			CRAIG'S CIRCUIT 7:00pm - 8:00pm		SEE OVER FOR 23 - 28th January, 2012

## RUNNING WILD FITNESS HOLIDAY TIMETABLE



**23 TO 28 JANUARY 2012**  
**GYM TIMETABLE**

Monday 23 January 2012 11:00am - 1:00pm & 6:00pm - 8:00pm	Tuesday 24 January 2012 8:00am - 10:00am	Wednesday 25 January 2012 8:00am - 11:30am & 5:00pm - 7:00pm	Thursday 26 January 2012 4.30pm - 5.30pm CLOSED AUSTRALIA DAY	Friday 27 January 2012 7:00am - 12:00am	Saturday 28 January 2012 7:00am - 11.30am
<b>CLASS TIMETABLE</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPIN 7:00am - 8:00am	SPIN 9:00am - 10:00am	SPIN 7:00am - 8:00am	CLOSED AUSTRALIA DAY	SPIN 7:00am - 8:00am	SPIN 7:00am - 8:00am
		CAS's CIRCUIT 10.30am - 11.30am		SANDRA'S GROUP P.T 11.00am - 12.00am	BOXING 9.30am 9.30am - 10.30am ZUMBA 10:30am - 11:30am
		ACTIVE BALANCE 11.30am - 12.30am			
		BEGINNERS STRENGTH 5.00pm - 6.00pm SPIN 6:00pm - 7:00pm	CLOSED AUSTRALIA DAY		MONDAY 30TH & ON NORMAL TIMETABLE
Kim's GROUP P.T 11.00am - 12.00am BEGINNERS STRENGTH CLASS 12.00am - 1.00pm					
ADV SPIN COMBO 6.00pm - 7.00pm	BOXING CIRCUIT 5:30am - 6:30am BUTT, ABS & THIGHS 6:30am - 7:30am				
ZUMBA 7:00am - 8:00am					