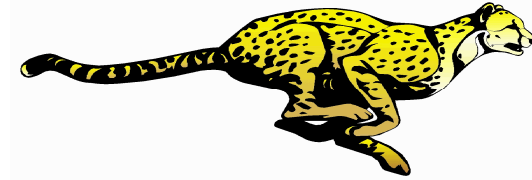


RUNNING WILD FITNESS

Lower level Marketplace, BEROWRA HEIGHTS

PHONE 9456 3242

www.runningwildfitness.com.au



GYM TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 1.00pm	6:00am - 1.00pm	7:00am - 1.00pm	6:00am - 1.00pm	7:00am - 1.00pm	7:00am - 1.00pm
&	&	&	&		
4:00pm - 8:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm		

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPIN 6:00am - 7:00am		SPIN 5:30am - 6:30am			SPIN 7:00am - 8:00am
	BEGINNERS SPIN 9:00am - 10:00am	TAI CHI BEGIN'RS 9.00am - 10.00am ADV 9:30AM - 10:30AM	SPIN 9:00am - 10:00am	BEGINNERS SPIN 9:00am - 10:00am	YOGA 8.00am - 9.15am
		CAS's CIRCUIT 10.30am - 11.30am	BOXERCISE 10.00am - 11.00am		MITTS & PADS BOXING 9.30am
KIM'S GROUP P.T 10.00am - 11.00am	SENIOR CIRCUIT 11:00am - 12:00 noon			SANDRA'S GROUP P.T 11.00am - 12.00am	ZUMBA 10:30am - 11:30am
BEGINNERS STRENGTH CLASS 12:00 - 1:00pm		ACTIVE BALANCE 11.30am - 12.30pm			
			BEGINNERS SPIN COMBO 4.30pm - 5.30pm		
ADV SPIN COMBO 6.00pm - 7.00pm	BOXING CIRCUIT 5:30pm - 6:30pm	BEGINNERS STRENGTH CLASS 5:00pm - 6:00pm	BEGINNERS SPIN COMBO 5:30pm - 6:30pm		
	BUTT, ABS & THIGHS 6:30pm - 7:30pm	SPIN 6:00pm - 7:00pm			
ZUMBA 7:00pm - 8:00pm		PILATES 7.00pm - 8.00pm			
	YOGA 7:30pm - 9:00pm		CRAIG's CIRCUIT 7:00pm - 8:00pm		

as at 29 October, 2011