



JJ Fitness - Class Timetable

FIRST CLASS FREE !! COME ALONG AND SEE IF IT IS FOR YOU!!!

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
6.00am		XP/XF CIRCUIT		MEGA MIX		
8.30am					PILATES	
9.30am	XP/XF CIRCUIT		MEGA MIX			XT
10.30am	PILATES		XC			XC
1.30pm		XP/XF CIRCUIT		BOXING/ ABS		
5.45pm	MEGA MIX	PILATES	XP/XF CIRCUIT			

All Classes 45 mins and all levels of fitness - Brief Class Description:

- XC** A Core/Balance/Flexibility Workout
- XP/XF** A Power/Cardio circuit
- XT** A Power/Cardio Bootcamp Style Circuit
- MEGA MIX** Abs, Thighs and Butt Workout mixed with a use of a step (step optional), with upperbody toning
- PILATES** Strengthen from within

**** know a fitness workout that would interest you, find 3-6 friends and choose your own class/time and I will endeavour to accommodate**

Class Prices :	Casual	\$18.00	
	Block of 6	\$15.00	\$90.00
	Block of 12	\$12.00	\$144.00

Please Note :-

**Block Bookings are to be paid in advance to receive the discounted rates
Timetable can be subject to change**

