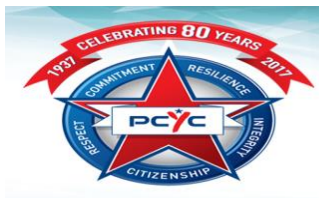


FITNESS TIMETABLE



EMAIL bateaubay@pcycnsw.org.au PHONE 43327000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am-10.30am BOX FIT	7.00am-8.00am FIT FOR LIFE FREE JUNIOR BOX FIT WITH BOB MIROVIC	9.30am-10.30am WEIGHTS/CARDIO CIRCUIT	9.30am-10.30am WEIGHTS/BAR	9.30am-10.30am BOX FIT/CIRCUIT
	9.30am-10.30am BOX FIT			
4.00pm-4.50pm JUNIOR BOXING				4.00pm-4.50pm JUNIOR BOXING
6.00pm-7.30pm FDIA MENS FITNESS CLASS			6.00pm-7.30pm FDIA MENS FITNESS CLASS	
	6.30pm-7.30pm BOX FIT WITH BOB MIROVIC	6.30pm-7.30pm BOX FIT WITH BOB MIROVIC		6.30pm-7.30pm BOX FIT WITH BOB MIROVIC



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