

Definition Workers Group Fitness Timetable Commencing Monday 1st March 2010.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15am	Boxing		POWER <small>RADICAL FITNESS</small>		A.B.T	9.15am KIMAX <small>RADICAL FITNESS</small>
9.30am	<i>Pilates</i>	XFitness	POWER <small>RADICAL FITNESS</small>	<i>Step/ABT</i>	POWER <small>RADICAL FITNESS</small> CARDIO	10.15am Bounce
10.30am		A.B.T	<i>Yoga</i>		<i>Pilates</i>	
11.30am	Gentle / Stretch			<i>Gentle Exercise</i>		
5.30pm	KIMAX <small>RADICAL FITNESS</small>		6pm XFitness	POWER <small>RADICAL FITNESS</small>	<i>Pilates</i>	
6.30pm	POWER <small>RADICAL FITNESS</small> CARDIO	KIMAX <small>RADICAL FITNESS</small>		KIMAX <small>RADICAL FITNESS</small>		9.05am <i>Yoga</i>
7.30pm	Spin	UnbelievaBAD!	<i>Martial Arts</i> \$9 members \$15 non-members	<i>Yoga</i>		