



SMART TRAINING SMART THINKING SMART EATING

MT GRAVATT CLASS TIMETABLE AS AT 1st September 2011

PLEASE NOTE THIS IS SUBJECT TO CHANGE WITHOUT NOTICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT	OPEN BY APPOINTMENT
5:30	MIXED CLASS	MIXED CLASS	MIXED CLASS	MIXED CLASS	MIXED CLASS	
6:00	WEIGHTLOSS FOR WOMEN	1 ON 1 PT	WEIGHTLOSS FOR WOMEN	1 ON 1 PT	WEIGHTLOSS FOR WOMEN	
6:30	1 ON 1 PT	MASTERS IN MOTION	1 ON 1 PT	MASTERS IN MOTION	1 ON 1 PT	
6:45						
7:00	1 ON 1 PT		1 ON 1 PT		1 ON 1 PT	
7:30						
7:45	1 ON 1 PT		1 ON 1 PT		1 ON 1 PT	
8:00						
8:15	1 ON 1 PT		1 ON 1 PT		1 ON 1 PT	
8:30	WEIGHTLOSS FOR WOMEN		WEIGHTLOSS FOR WOMEN		WEIGHTLOSS FOR WOMEN	
9:00						
9:30	MASTERS IN MOTION	VETS PROGRAM	MASTERS IN MOTION	MASTERS IN MOTION	VETS PROGRAM	
9:45			OPEN BY APPOINTMENT ONLY	OPEN BY APPOINTMENT ONLY		
10:00						
10:30		MASTERS IN MOTION		1 ON 1 PT	MASTERS IN MOTION	
11:00	1 ON 1 PT	1 ON 1 PT				
11:30	OPEN BY APPOINTMENT ONLY	1 ON 1 PT				
12:00pm		OPEN BY APPOINTMENT ONLY	1 ON 1 PT			
12:30	TEENS FITNESS	WEIGHTLOSS FOR WOMEN	TEENS FITNESS	1 ON 1 PT		
1:00	1 ON 1 PT	WEIGHTLOSS FOR WOMEN	1 ON 1 PT			
1:30	OPEN BY APPOINTMENT ONLY	MEN WITH GUTS	WEIGHTLOSS FOR WOMEN	1 ON 1 PT		
2:00		MIXED CLASS	WEIGHTLOSS FOR WOMEN			
3:30	TEENS FITNESS	MIXED CLASS	WEIGHTLOSS FOR WOMEN			
4:00	1 ON 1 PT		1 ON 1 PT			
4:15						
4:45	1 ON 1 PT		1 ON 1 PT			
5:00						
5:30	WEIGHTLOSS FOR WOMEN	MEN WITH GUTS	WEIGHTLOSS FOR WOMEN	MEN WITH GUTS		
6:15	MEN WITH GUTS	MIXED CLASS	MEN WITH GUTS	MIXED CLASS		
6:30	MIXED CLASS		MIXED CLASS			
7:15						
7:15						
8:00pm						

ONE-ON-ONE PERSONAL TRAINING IS STILL AVAILABLE DURING OFF-PEAK TIMES BY APPOINTMENT ONLY.

PLEASE CALL THE STUDIO ON 3349 8646 FOR MORE INFORMATION.