

TIMETABLE



TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mernda Village Community Activity Centre		7.30pm GYMSTICK/PILATES (EXCEPT last Tuesday of the month at 8pm)					
Jindi Family & Community Centre (Mernda)				7.30pm CIRCUIT TRAINING			
Grace Park Community Hall (Greensborough)			7.30pm CIRCUIT TRAINING			9am GYMSTICK/PILATES	
RE-SHAPE Mums & Bubs Classes							
ON HOLD							

NOTE: YOU MUST CONTACT FIT FOR 2 PRIOR TO COMMENCING A CLASS.

Pregnancy Class: Each venue offers a Gymstick class (resistance training and floor mat pilates) and a Circuit training class. All classes are 45min

MUMS and BUBS Class: Pelvic Floor Rehab incorporating Pelvic Floor Safe Resistance Exercises. Babies Welcome