

BUSY BODIES TIMETABLE

Monday

6.15am Tabata (45mins)
9am Step (45 mins)
5pm Gym Spring (30 mins)
5.30pm Gym Spring (30 mins)
6pm fatburn Circuit (30mins)

Tuesday

9am ABTs (30 mins)
9.45am Yoga (60 mins)
5pm Pump (45 mins)
6pm Pilates (45 mins)

Wednesday

6.15am Pilates (45 mins)
9am BoxFit (45 mins)
BRING GLOVES
5pm HIIT Circuit/Step (40 mins)
5.45pm Gymspring (30 mins)

Thursday

6.15am Fatburn (45 mins)
9am Gym Spring (30 mins)
5.00pm ABTs (30 mins)
6.00pm Yoga (60 mins)

Friday

6.30am Gymspring (30 mins)
9am HIIT Step or Circuit
(30/40 mins)
9.45am Pilates (45 mins)

Saturday

8am BoxFit BRING GLOVES (45 mins)
9am Pilates (45 mins)



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