

GROUP FITNESS TIMETABLE - WANNEROO



MONDAY 17/12

| TIME | CLASS | LOCATION | MIN |
|------|-------|----------|-----|
|------|-------|----------|-----|

TUESDAY 18/12

| TIME | CLASS | LOCATION | MIN |
|------|-------|----------|-----|
|------|-------|----------|-----|

WEDNESDAY 12/12

| TIME | CLASS | LOCATION | MIN |
|---------|----------------|----------------------|-----|
| 6:00 am | Metafit @3500m | High Altitude Studio | 30 |

THURSDAY 13/12

| TIME | CLASS | LOCATION | MIN |
|---------|----------------------|----------------------|-----|
| 5:30 pm | Tech Session @ 5000m | High Altitude Studio | 30 |

FRIDAY 14/12

| TIME | CLASS | LOCATION | MIN |
|---------|-------------------------|----------------------|-----|
| 6:00 am | Strength & Condt @3500m | High Altitude Studio | 45 |

SATURDAY 15/12

| TIME | CLASS | LOCATION | MIN |
|----------|-------------------------|----------------------|-----|
| 10:00 am | Open Sat Session @5000m | High Altitude Studio | 120 |

SUNDAY 16/12

| TIME | CLASS | LOCATION | MIN |
|------|-------|----------|-----|
|------|-------|----------|-----|



***BOOKING REQUIRED** - Members of Surge Fitness are able to book in by **calling reception** or from the online **'Members Login'** which can be accessed from our website. Please contact reception to request your login and password details.