



Visit our website for class information and the latest timetable

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38 Cumberland Avenue South Nowra

FREE child minding available (times vary)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	HIIT 45MIN <b>CYCLEFIT</b>						
6:15 am		<b>CYCLEFIT</b>	<b>CYCLEFIT</b>	<b>CYCLEFIT</b>	<b>LES MILLS BODYPUMP</b>		
6:30 am	EXPRESS 45MIN <b>LES MILLS BODYPUMP</b>						
7:30 am						<b>CYCLEFIT</b>	
8:30 am			8:45AM CARDIO <b>HIITFIT</b>			<b>LES MILLS BODYATTACK</b>	
9:30 am	<b>LES MILLS BODYATTACK</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYBALANCE</b>	STRENGTH <b>HIITFIT</b>	CARDIO <b>HIITFIT</b>	<b>LES MILLS BODYBALANCE</b>	
4:10 pm			<b>LES MILLS BODYPUMP</b>				
4:30 pm							<b>LES MILLS BODYBALANCE</b>
5:15 pm	<b>HIITFIT</b>	<b>LES MILLS BODYATTACK</b>	<b>CYCLEFIT</b>	<b>LES MILLS BODYPUMP</b>	STRENGTH <b>HIITFIT</b>		
6:15 pm	<b>BOXFIT</b>	<b>LES MILLS BODYBALANCE</b>	<b>BOXFIT</b>	<b>LES MILLS BODYBALANCE</b>			