



HENRY KENDALL FITNESS PTY LTD
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Group Fitness June 2010

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:15am		Pump Express (45mins)		<u>6.05am</u> Boxing	Cycle (45mins)	
8:15am						<u>8.15am</u> Cycle
9:30am	Circuit	Body Pump		Body Combat	Boxing	<u>9.00am</u> Body Combat
10:45am		Pilates		Body Balance		<u>10.00am</u> Body Balance
4:00pm	Kids Class			Kids Class		
5:30pm	Body Pump	Body Combat	Body Pump	Zumba	Body Balance	
<u>5:30pm Studio 2</u>			Cycle			
6:30pm	Zumba	Body Balance	Boxing	Circuit		
<u>6:30pm Studio 2</u>	Cycle					
7:30pm	Boxing					

We value your feedback so, if you have any suggestions regarding what classes and times you would like to see on our timetable, please complete an Aerobics Questionnaire.

4in1 Tuggerah Opening Hours

Monday - Thursday: 6am till 9pm
 Friday: 6am till 8pm
 Saturday: 8am till 3pm
 Sunday: 8am till 12noon

Creche Opening Hours

Monday - Friday: 9am till 12noon
 Monday & Wednesday: 5pm till 7.30pm
 Saturday: 8am till 11am

HEALTH & FITNESS 4 YOUR FUTURE