

Gladesville Timetable 2011

Plus Fitness Gladesville 22 College St

9879 4122 - Franchisee Travis Raisin

gladesville@plusfitness.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am		Pump		Boxing	Pump		
9:00am						8:30am Fat Burner	
9.30am	Pump		Pump	Pilates	Combat	Pump	Combat
10.30am	ABT (30min)					Pilates	
5.30pm	Pump	Combat	Pump		Pump		2pm Close
6.30pm	Combat	Pump	Combat	Balance	Zumba	6pm Close	
7.30pm	Yoga	Balance	Preggie Bellies				

Opening Times	Contact Details	Childminding
Mon to Wed : 5.30am til 9.30pm Thurs & Fri : 5.30am til <u>9.00pm</u> Sat : 8am til 6pm Sun: 9am til <u>2pm</u> Closed Public Holidays	Unit G 22 College St Gladesville NSW 2111 Ph - 9879 4122 Fax - 98794086 1300 The Gym (843 496) gladesville@plusfitness.com.au	Weekdays 9am til 12pm Mon 4.30pm til 6.30pm Sat - 8.30am til 11.30am

All Plus Classes are 60min in duration unless otherwise stated. Please ensure you turn up on time for your class & you bring along a towel , a bottle of water & a friendly smile.

