

12 WEEK TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.00 AM		GET IT DONE 30 MIN		GET IT DONE 30 MIN	
9.00 AM	BODY PUMP 1 HOUR		BODY PUMP 1 HOUR	HEALTHY HUSTLE 1 HOUR	BODY PUMP 1 HOUR
10:15 AM	AQUA CLASS 1 HOUR	HEALTHY HUSTLE 1 HOUR	AQUA CLASS 1 HOUR	BALLATES 1 HOUR	TARGET & TONE 1 HOUR
11:30 AM	KICK START 1 HOUR	KICK START 1 HOUR	KICK START 1 HOUR	KICK START 1 HOUR	AQUA CLASS 1 HOUR
5:30 PM			BODY PUMP 1 HOUR	HIIT 30 MIN	
6.00 PM	YOGA 1 HOUR			AQUA CLASS 1 HOUR	

NEW

Kick Start



SHIRE OF
MANJIMUP

MANJIMUP REGIONAL
AquaCentre