

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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5.30 - 6.15 am	AB FIT	BODY FIT	BOX FIT	LEG FIT	COMBAT FIT
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6.30 - 7.15 am	LEG FIT	AB FIT	COMBAT FIT	BOX FIT	BODY FIT
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4.30 - 5.15 pm	BOX FIT	COMBAT FIT	LEG FIT	BODY FIT	AB FIT
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5.30 - 6.15 pm	ZUMBA FIT B	LEG FIT	AB FIT	BODY FIT	BOX FIT
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6.30 - 7.15 pm	ZUMBA FIT I	AEROBICS FIT	PUMP FIT	STEP FIT	
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7.30 - 8.15 pm	PUMP FIT	STEP FIT	STRETCH FIT	AEROBICS FIT	
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Classes held at:-
Torquay State School
Totness Street
Torquay Hervey Bay

KID FIT TIMETABLE

4.30 - 5.15 pm	KID PUMP	BODY LEG AB FIT	KID BOX COMBAT	KID AGILITY	BALL SKILLS FIT
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