

Transcend Fitness & Wellbeing

2014 Timetable

KARIONG TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Saturday
	6.00am Group Fitness Youth Centre		6.00am Group Fitness Youth Centre	8:15am Mat-Pilates Youth Centre
11:45am Seniors Neighbourhood Centre	9.30am Group Fitness Youth Centre	9:30pm Mat-Pilates Youth Centre <i>(with Crèche)</i>		9:15am Boxing Youth Centre
	6.00pm Flat Tummy Youth Centre			
7:15pm Mat-Pilates Youth Centre	7.15pm Boxing Youth Centre	7:00pm Mat-Pilates Youth Centre	7:00pm Circuit Youth Centre	

SARATOGA & GREENPOINT TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Saturday
9:15am Mat-Pilates Saratoga				
			Personal Training & Kinesiology	Personal Training & Kinesiology
5:00pm Mat-Pilates Brentwood	6:30pm Mat-Pilates Green Pt Comm Hall	5:00pm Mat-Pilates Brentwood		

BOOKINGS ESSENTIAL

One Class/week = \$12/class (Term Payment)

Two Classes/week = \$10/class (Term Payment)

Three Classes/week = \$9/class (Term Payment)

You can make up classes within the term at any location

One Class/week = \$15 when pay casually

Please SARAH know prior to class

Call: 0425 265 609