



**Timetable Print Date: 31/07/2010**

Timetables may change at any notice. Please refer to [www.crunchfitness.net.au/timetable.html](http://www.crunchfitness.net.au/timetable.html) for the latest timetables

## LATEST TIMETABLE

[Aerobics Room](#)

[Cycle Room](#)

[Outdoor & Boot Camp](#)

## NEWS & UPDATES

05/07/2010 **DORA & TAMARA**

Dora and Tamara are currently overseas on well-earned holidays! So don't worry ladies...they will be back in September!

17/06/2010 **CRUNCH NOW OPENS 6am MON-FRI**

BOOKINGS ARE ESSENTIAL! (LIMITED TO 50 MEMBERS EACH MORNING)

-BOOK IN UP TO 24 HOURS BEFORE. SECURITY CODE TO ENTRANCE GATE GIVEN AT TIME OF BOOKING.

-ENTRANCE TO CRUNCH VIA STAFF CAR PARK. COLLECT MAP AND PARKING PERMIT FROM RECEPTION NOW!

- LADIES, ENJOY YOUR EARLY MORNING EXERCISE SESSIONS BUT PLEASE KEEP THE NOISE DOWN AND BE MINDFUL OF THE LOCAL RESIDENTS. THANKYOU!

## AEROBICS ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05		BOXING CIRCUIT Renee	CYCLE Michelle (45mins)	BODY SHAPE Renee			
08:30			BODY SHAPE Tricia (Trial Class)			BOXING CIRCUIT Danielle	
09:00	BODY SHAPE Danielle <b>9.15am</b>				BODY FIRM Lindsay		
09:30		BODY FIRM Tricia	BOXING CIRCUIT Tricia	PILATES Michelle		BODY FIRM Renee	

10:00	AERO CIRCUIT Michelle				CARDIO BLAST Lindsay		BODY FIRM TECH Helen <b>10:15am</b>
10:30			PILATES Michelle	BODY FIRM Michelle		PILATES Michelle	BODY FIRM Helen
11:00	PILATES Michelle				YOGA Deb		
11:30		YOGA Deb	ZUMBA Michelle			ZUMBA Michelle	
15:45		TUMS BUMS & THIGHS Renee					PILATES Alison <b>3:00pm</b>
16:00				MUAY THAI KICKBOX <b>NEW!</b> Renee		YOGA Vicky	
17:30		BOXING CIRCUIT Renee	BODY FIRM Helen				
18:30	BODY FIRM Tricia	YOGA Kate	PILATES Andre	ZUMBA <b>NEW TIME!</b> Jacki	STEP Renee		
19:30	PILATES Louise	BODY SHAPE Danielle	ZUMBA <b>NEW!</b> Jacki				

Due to unforeseen circumstances Classes and/or Instructors may change at the last minute without notice.

## CYCLE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05			CYCLE Michelle <b>6.05am</b>				
08:30						CYCLE Joanna	
09:30						CYCLE Michelle	
10:00	CYCLE Helen				CYCLE Danielle		CYCLE Bernie/Morag <b>10.10am</b>
10:30		CYCLE Tricia		CYCLE Tricia			
17:30	CYCLE Tricia						
18:30				CYCLE Sam			

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## OUTDOOR & BOOT CAMP

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:05		OUTDOOR BOOT CAMP Mat		OUTDOOR BOOT CAMP Mat		RUNNING CLUB Tricia	

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