



## TIMETABLE effective 2<sup>nd</sup> August 2023

(See page 2 for location maps)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM Classes</b>						
6.00–6.45am 45 mins	<b>OUT-FIT45</b>	<b>BOXING45</b>	<b>STRONG45</b>	<b>OUT-FIT45</b>	<b>OUT-FIT45</b>	
7.30–8.15am 45 mins				6am Thursday <i>BACK SOON</i>		<b>OUT-FIT45</b>
	Please bring your own cotton inners for <b>BOXING.</b>					
<b>PM Classes</b>						
6.00–6.45pm 45 mins	<b>BOXING45</b>		<b>STRONG45</b>	<b>OUT-FIT45</b>		

**\*\*Notification of a wet weather location change will be made via our Facebook page approximately 30-60 minutes prior to class\*\***

### OUTDOOR LOCATION

Gosford Lions Park, 6 Dane Drive, GOSFORD

### WET WEATHER LOCATION

Gosford Public School: 50-64 Faunce Street West, WEST GOSFORD

### CLASS DESCRIPTIONS

**OUT-FIT** Our version of BOOT CAMP! This is ultimate get fabulous fast type of training that is outdoors, innovative, functional & super FUN! We work on cardio, core & all the cool stuff that makes you strong like nothing else!

**BOXING** Come and punch out your frustration, while getting super fit and having a blast at the same time!

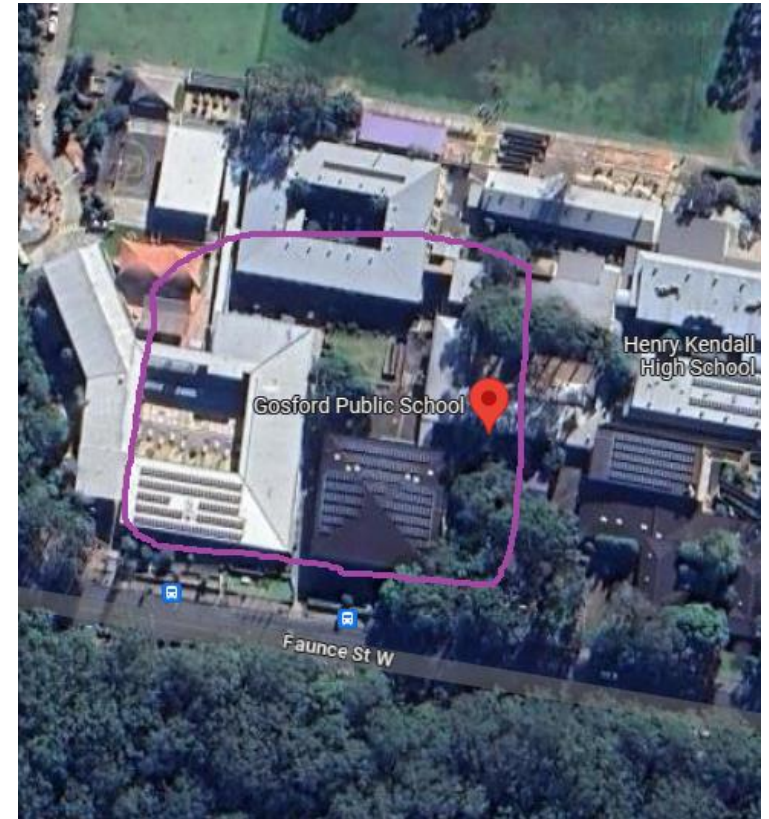
**STRONG** This is our strength specific class! We use both equipment based plus body weight based and yes, you guessed it – zero BURPEES!

**TIMETABLE MAY BE SUBJECT TO CHANGE**



## OUTDOOR LOCATION

Gosford Lions Park: 6 Dane Drive, GOSFORD



## WET WEATHER LOCATION

Gosford Public School: 50-64 Faunce Street West, WEST GOSFORD

***Adjacent*** to Henry Kendall High  
Turn right onto Racecourse Road from Central Coast Highway, go past the Racecourse and take the first right onto Faunce Street West.  
Park on Faunce Street West and go in through the gate second from the left and go down the steps.