

Timetable subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes						
6am GOSFORD WATERFRONT		BOOT CAMP (45 minute class)			BOOT CAMP (45 minute class)	
7.30am SAILING CLUB PARK			SAILING CLUB PARK LOCATION			BOOT CAMP
9.30am SAILING CLUB PARK		BOOT CAMP		BOOT CAMP		
PM Classes						
6pm GOSFORD WATERFRONT	BOOT CAMP		BOXING	BOOT CAMP (45 minute class)		

Effective 10 February 2020

BOOT CAMP The ultimate get fit fast session designed to give maximum results quickly! Our amazing outdoor functional training works your cardiovascular system, your core & physical strength like nothing else!

BOXING Boxers' are lean, healthy & strong! Did you know that BOXING is one of the toughest AND fun workouts you can ever do. And did someone say "massive stress relief"?

The wet weather back up for the 6am, 6pm and 7.30am classes is the Gosford Public School; 50-64 Faunce Street West - West Gosford.
The wet weather back up for the 9.30am classes the 1st Gosford Scout Group Hall; 10 Masons Parade - Gosford.

Notification of a location change will be made via our Facebook page approximately 30 minutes prior to class. Email for maps of these locations.