

Term 1 Fitness Timetable 28/01/20 – 09/04/20

Fitness Classes

*Physiotherapist lead clinical exercise

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am	Bootcamp (Greg)		Bootcamp (Greg)		Bootcamp (Greg)
9.15am		KW Fit (Greg)		KW Fit (Greg)	
9.30am	Strength (Liz)*		Cardio Fit (Greg)		Strength (Liz)* Cardio Fit (Greg)
10.30am			KW Fit (Greg)		Boxercise (Greg)
11am		HydroFit (Al)		HydroHab (Ally)	
11.30am	Cardio Fit (Greg)				
5.30pm		Strength (Al)			
6.15pm	Cardio Fit (Greg)	Cardio Fit (Greg)	Boxercise (Greg)		

Class packs available. **Bookings are essential for all classes.**

P: 6372 6907 | E: info@stridehealth.com.au | A: 98 Market St, Mudgee NSW

Term 1 Pilates Timetable 28/01/20 – 09/04/20

Reformer/ Studio/ Mat Classes

*Physiotherapist lead clinical exercise

Time	Monday		Tuesday	Wednesday	Thursday		Friday
6am					Mat (Al)	Studio (Bec)	
7am			Studio (Greg)	Reformer (Al)	Reformer (Al)	Studio (Bec)	
8am			Reformer (Al)		Reformer (Al)	Studio (Bec)	Reformer (Greg)
8.30am				Reformer (Al)			
9am			Studio (Bel)*		Reformer(Al)	Studio (Bec)	
9.30am				Mat (Al)			
10.15am					Studio (Bel)*		
12pm	Reformer (Liz)*			Reformer (Liz)*			Reformer (Liz)*
2pm				Reformer (Liz)*			
4.15pm	Reformer (Al)						
4.30pm					Mat (Al)		
5.15pm	Mat (Al)	Studio (Greg)	Studio (Bel)*	Studio (Bel)*	Studio (Greg)		Studio (Greg)
6.15pm	Studio (Bel)*						
7.15pm	Studio (Greg)		Studio (Greg)	Studio (Greg)			

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