



[www.absolutefitnessmanly.com.au](http://www.absolutefitnessmanly.com.au)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06.00am	CYCLE-FIT	PUMP-FIT	BUTT-FIT	BOX-FIT	GENFIT	RUN-FIT
	nil	BOOT CAMP	nil	BOOT CAMP	nil	nil
07.00am	GEN-FIT		CYCLE-FIT		GEN-FIT	
08.00am						BOX-FIT
11.00am	nil	MUMS & BUBS	nil	MUMS & BUBS		
4.00pm		nil		nil		
5.00pm		GEN-FIT		CYCLE-FIT	nil	nil
6.00pm	BOOT CAMP		BOOT CAMP			

**Explanation of Classes:**

**RED SESSIONS** are weight based training / **BLUE SESSIONS** are cardio based training

- CYCLEFIT** Cardio based session involving riding most of the time plus some leg and core exercises. All you need to get Cylefit!
- BOXFIT** Cardio based session including pad work, skipping, core and agility. All the good stuff to get Boxfit!
- PUMPFIT** Weight based session where you push, pull, lunge, squat. Take the bar to sculpt your body. Exercise your major muscles to get Pumpfit!
- BUTTFIT** Weight based session where you work your butt, legs and abs. All you need to get Buttfitt!
- GENFIT** Full body circuit training which will develop your general fitness. Be ready to get Genfit!

COMMENCEMENT DATE OF THIS NEW GROUP TIMETABLE IS MONDAY 24TH OCTOBER 2011

Group sessions begin on the hour and are 45 minutes in duration.  
 Participants are welcome to warm up 15 minutes prior to the session beginning.  
 Maximum 6 people per session, bookings are essential - call (02) 9938 6530.  
 Twenty four hours notice must be given for cancellations otherwise a cancellation fee will be charged.

While we make every effort to ensure our group timetable is up to date at all times, it is liable to change without notification.  
 For up to date information we suggest you call the gym direct on (02) 9938 6530.