

WEEKDAYS	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	5.55 am					<b>Get Fit Friday BBQ &amp; Bootcamp</b> (Circuit resumes March)
	6.45 am					
	9.30 am					
	10.30 am					
	11.30 am					
	4.30 pm					
	5.30 pm		<b>Boxing</b>		<b>BIGGEST WINNER EVENING</b>  Regular classes resume following competition (May 2012)	
	5.45 pm					
	6.30 pm					
7.00 pm						
7.30 pm						

WEEKEND	Time	Saturday	Sunday
	9.00 am		
	10.00 am		

BOOTCAMP	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.00 am							
	6.30 pm							