

STAYFIT 24/7

TEAM FITNESS SCHEDULE

18/16 Riverview St, North Richmond NSW 2754

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5.45am		Central Park		Instructors Choice		
8.30am						HITT (30min)
9.30am	Strength		Stretch & Flex		Box Fit	
5.30pm		Pilates*				
6.30pm	Central Park		Box Fit			



***COST OF CLASS:**
\$10 members, \$20 non members

02 4571 2666

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