



Fitness Program TIMETABLE

Effective from Wednesday 17th November 2021

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	
5:45	JERRAbootcamp 5:45-6:45am				JERRAbootcamp 5:45-6:45am				JERRAbootcamp 5:45-6:45am				
6:00													6:00
6:15	FIGHTINGfit 06:15-07:00 BOXING		Powerfit 06:15-07:00		HIITfit 06:15-07:00		Powerfit 06:15-07:00		FIGHTINGfit 06:15-07:00 BOXING				6:15
6:30													6:30
6:45													6:45
7:00													7:00
7:15	FIGHTINGfit 07:05-7:55 KICKBOXING				FIGHTINGfit 07:05-7:55 KICKBOXING				FIGHTINGfit 07:05-7:55 KICKBOXING				7:15
7:30													7:30
7:45													7:45
8:00													8:00
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9:15													9:15
9:30													9:30
9:45													9:45
10:00	Flexfit 10:00-10:30		HIITfit 10:00-10:30		FIGHTINGfit 10:00-10:30 BOXING		Flexfit 10:00-10:30		Powerfit 10:00-10:30				10:00
10:15													10:15
10:30													10:30
10:45													10:45
11:00													11:00
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11:45													11:45
12:00													12:00
12:15													12:15
12:30			HIITfit 12:30-13:00				HIITfit 12:30-13:00						12:30
12:45													12:45
13:00													13:00
13:15													13:15
16:00													16:00
16:15													16:15
16:30													16:30
16:45													16:45
17:00		HIITfit 16:20-17:00											17:00
17:15		FIGHTINGfit 17:10-17:55 KICKBOXING		Powerfit 17:10-17:55		FLEXfit 17:10-17:55		FIGHTINGfit 17:10-17:55 BOXING		Metafit 17:25-17:55			17:15
17:30													17:30
17:45													17:45
18:00													18:00
18:15													18:15
18:30													18:30
18:45													18:45
19:00													19:00

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