



FITNESS TIMETABLE

Book today!
Peter - 0419 444 097
Jane - 0408 655 583

MONDAY

- 7:00am - 7:45am Pilates with Jane,
Yeronga Memorial Park, Yeronga
- 5.30pm - 6:15pm Chi Kung with Peter,
9 Gladstone Rd , Highgate Hill (Fortnight)

TUESDAY

- 6:30am - 7:15am Functional Strength & Fitness
with Peter,
Rowlinson Park, Yeronga

WEDNESDAY

- 6:30am - 7:15am Chi Kung with Peter,
Rowlinson Park, Yeronga
- 9:00am - 9:45am Functional Fitness with Peter,
Yeronga Memorial Park, Yeronga

THURSDAY

- 6:30am - 7:15am Functional Strength & Fitness with
Peter,
Yeronga Memorial Park, Yeronga
- 9:15am - 10:00am Pilates with Jane,
Yeronga Memorial Park, Yeronga
- 3:45pm - 4:30pm Functional Strength & Fitness with Peter,
Simpsons Reserve, Graceville

FRIDAY

- 6:30am - 7:15am Functional Strength & Fitness with Peter,
Rowlinson Park, Yeronga

SATURDAY

- 8:30am - 9:30am Circuit 45 + Stretch 15 with Peter & Jane,
Rowlinson Park, Yeronga