



Summit  
MIND & BODY

# FITNESS TIMETABLE

Book today!

Peter - 0419 444 097

Jane - 0408 655 583

ABN:13693946388

\$15 per  
class

## MONDAY

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

7:00am - 7:45am Pilates with Jane,  
Yeronga Memorial Park, Yeronga

## TUESDAY

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

## WEDNESDAY

9:00am - 9:45am Functional Strength & Fitness  
with Peter,  
Yeronga Memorial Park, Yeronga

## THURSDAY

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

8:45am - 9:30am Aerobics with Jane,  
Corinda Bowls Club, Corinda

9:35am - 10:20am Pilates with Jane,  
Corinda Bowls Club, Corinda

3:45pm - 4:30pm Functional Strength & Fitness with  
Peter,  
Simpsons Reserve, Graceville

## FRIDAY

6:30am - 7:15am Functional Strength & Fitness  
with Peter,  
Tonks St Park, Moorooka