



# FITNESS TIMETABLE

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

\$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