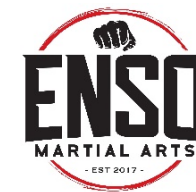




FITNESS KICKBOXING PORT MACQUARIE CLASS TIMETABLE – 2018



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Kickboxing <i>Early Class</i>	6:00am to 7:00am		6:00am to 7:00am		6:00am to 7:00am	8:00am to 9:00am
Fitness Kickboxing <i>Morning Class</i>	9:30am to 10:30am		9:30am to 10:30am			
Ladies Only Fitness Kickboxing <i>13 Years +</i>		6:00pm to 7:00pm		6:00pm to 7:00pm		
Stress Relief Weight Loss Energy Booster Build Confidence Improve Coordination Friendship						

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