

# 2026

## January

PLUS  
FITNESS

## Class Workout Time Table

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	STRETCH+HIIT CLASS - 5:00PM	19	20	21	STRETCH+HIIT CLASS - 6:00PM	23
25	STRETCH+HIIT CLASS - 5:00PM	26	27	28	29	31

Spots are limited! Message us on 0412 981 196 with your name and the class date you'd like to book to confirm your place.