

2026

PLUS
FITNESS

January

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 22	23	24
25	STRETCH+HIIT CLASS - 5:00PM 26	27	28	STRETCH+HIIT CLASS - 6:00PM 29	30	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.