

it's

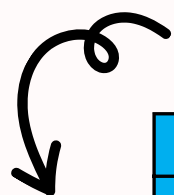
# WAY BETTER

in groups



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	<b>TURBO TABATA</b> CONDITIONING	<b>TURBO TABATA</b> STRENGTH					
8:30AM	<b>GROUP ACTIVE</b>	<b>TURBO TABATA</b> CONDITIONING	<b>GROUP ACTIVE</b>	<b>TURBO TABATA</b> STRENGTH	<b>TURBO TABATA</b> CONDITIONING	8:15AM <b>TURBO TABATA</b> 45	
9:00AM		<b>BOOTY</b>		<b>GROUP BLAST</b> 30	<b>BOOTY</b>		
9:30AM	<b>GROUP BLAST</b> 30	<b>GROUP POWER</b>	<b>GROUP BLAST</b> 30	<b>GROUP CENTERGY</b>	<b>GROUP POWER</b>		<b>GROUP POWER</b>
10:00AM	<b>GROUP POWER</b> 40		<b>TURBO TABATA</b> STRENGTH				
10:30AM		<b>GROUP CENTERGY</b> 40					<b>GROUP CENTERGY</b>
5:15PM			<b>TURBO TABATA</b> STRENGTH	<b>TURBO TABATA</b> 45			

59-61 Sale Street  
Orange Baptist Church Hall



	MONDAY	TUESDAY
5pm		<b>GROUP BLAST</b> 30
5.30pm		<b>GROUP CENTERGY</b> 40
6PM	<b>BOOTY</b>	

*Bookings  
Required*

**KIDZ KORNER**

8:30AM - 11:30AM  
MONDAY TO FRIDAY

**FUNCTIONAL AREA**

8:30AM - 11:30AM  
MONDAY TO FRIDAY

