



AUTUMN TIMETABLE

PH: (02) 9970 8400

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Training - Check our Facebook & Instagram pages each Monday for the weekly location						
	6am - 7am Bootcamp Rosie		6am - 7am Bootcamp Charlie		6.30am - 7.30am Bootcamp Charlie	
Early Mornings In The Gym - For the 5.30am classes you need to have a 24hr access proxy, for more info contact reception						
5.30 - 6.15am Max H.I.I.T Jess	5.30 - 6.15am Metafit Jess	5.30 - 6.15am Strength & Cardio Sophie	5.30 - 6.15am Circuit Rosie	5.30 - 6.15am Cardio Core Sophie		
7.30 - 8.30am Strong Seniors Sam	7.30 - 8.30am Strong Seniors Tim	7.30 - 8.30am Strong Seniors Sam	7.30 - 8.30am Strong Seniors Tim	7.30 - 8.30am Strong Seniors Jess	7.30 - 8.15am Strength & Cardio Rosie	8.30 - 9.15am MetaFit Rosie / Sophie
9.15 - 10.00am Max H.I.I.T Jess	9.15 - 10.00am Metafit Jess	9.15 - 10.00am Strength & Cardio Rosie	9.15 - 10.00am Circuit Jess	9.15 - 10.00am Cardio Core Sophie	8:15 - 9:00am Max H.I.I.T Rosie	9:15 - 10:00am Circuit Rosie / Sophie
10.00 - 11.00am Dynamic Flow Yoga Carolyn	10.00 - 11.00am Pilates Clare	10.00 - 11.00am Dynamic Flow Yoga Malinda	10.00 - 11.00am Pilates Julia D	10.00 - 11.00am Flow Yoga Lucy	9.00 - 10:00am Pilates Carlitta	10.00 - 11.00am Stretch & Flexibility (Seeking Interest)
11.00-12.00pm Strong Seniors (Seeking Interest)	11.00-12.00pm Strong Seniors (Seeking Interest)	11.00-12.00pm Strong Seniors (Seeking Interest)	11.00-12.00pm Strong Seniors (Seeking Interest)	11.00-12.00pm Strong Seniors (Seeking Interest)		
Afternoons & Evenings In The Gym						
3.30 - 4.15pm Fit Kids* Tim	3.30 - 4.15pm Fit Kids* Sam	3.30 - 4.15pm Fit Kids* Tim	3.30 - 4.15pm Fit Kids* Sam			
4.15 - 5.00pm Fit Teens* Tim	4.15 - 5.00pm Fit Teens* Sam	4.15 - 5.00pm Fit Teens* Tim	4.15 - 5.00pm Fit Teens* Sam			
5.15 - 6.00pm Max H.I.I.T Jess	5.15 - 6.00pm Metafit Jess	5.15 - 6.00pm Strength & Cardio Rosie				
6.00 - 6.45pm Max H.I.I.T Jess	6.00 - 6.45pm Boxercise Charlie	6.00 - 6.45pm Strength & Cardio Rosie	6.00 - 6.45pm Circuit Rosie			
6.45 - 7.45pm Pilates Clare	6.45 - 7.45pm Dynamic Flow Yoga Lucy	6.45 - 7.45pm Pilates Michelle	6.45 - 7.45pm Dynamic Flow Yoga Carolyn			

Notes: This Timetable is current from Monday 1st April 2019. Freshstart reserves the right to make changes to this timetable, and the facilities opening and closing times at any time. Please check validity of timetable and opening times before arriving by visiting on our website.

Towel Requirement: All Gym users must use a towel in the gym and classes. It must be used to wipe down equipment & machinery after use. If you forget your towel you can hire a towel at the reception. Towel Hire Prices: Small - \$2.50, Large - \$5.00

Equipment Requirements: For Pilates & Yoga, Classes you must bring your own floor mat & towel. Mats can be hired for \$5.00. Boxercise participants need to bring their own boxing gloves, Wrist & Hand Wraps are highly recommended but not essential.

Class Descriptions: Please visit our website for more information about the classes we offer: www.freshstart.com.au

Casual Visits: Visitors are welcome to exercise at Freshstart, on your first visit you will be required to complete a "Pre-Exercise Questionnaire"

Casual Visit Prices (Per person): Adult \$20.00, Guest of a member \$17.50. Student \$17.50. Child (Under 16) \$12.50

***Fit Kids & Teens:** Please call our reception team for more information

***Strong Seniors:** Please call our reception team for more information

Freshstart Fitness is a 24hr Accessible Gym		
Staffed Hours	Opening Times	Closing Times
Monday	7:30am	8.00pm
Tuesday	7:30am	8.00pm
Wednesday	7:30am	8.00pm
Thursday	7:30am	8.00pm
Friday	7:30am	5.00pm
Saturday	7.30am	11.30am
Sunday	8:30am	11:30am

Please Note: Public holiday hours vary please call reception

Crèche Prices (Per Child): 1hr = \$5.00 or 1.5hrs = \$7.50		
Crèche	Opening Times	Closing Times
Monday	9:00am	12:00pm
Tuesday	9:00am	12:00pm
Wednesday	9:00am	12:00pm
Thursday	9:00am	12:00pm
Friday	9:00am	12:00pm
Saturday	7:30am	10:30am
Sunday	Closed	Closed

Please Note: Public holiday hours vary call reception