



WEEKLY TIMETABLE

PH: (02) 9970 8400

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Outdoor Training - Check our Facebook Page each Monday for the Weekly Location						
	6am - 7am Bootcamp Charlie		6am - 7am Bootcamp Charlie		6am - 7am Bootcamp Charlie	
Mornings in the Gym						
5.45 - 6.30am Circuit Jillian	5.45 - 6.30am Cardio Core Jess	5.45 - 6.45am Hot Power Yoga Tegan	5.45 - 6.30am Max Hiit Jess	5.45 - 6.30am Grin Jillian	6.30 - 7.30am Hot Power Yoga Tegan	
9.15 - 10.00am Max Hiit Charlie	9.15 - 10.00am Gravity Charlie	9.15 - 10.00am Cardio Core Charlie	9.15 - 10.00am Boxing Charlie	9.15 - 10.00am Circuit Charlie	7.30 - 8.00am Gravity Jillian	9:00 - 9:45am Circuit Charlie / Jillian
10.00 - 11.00am Yoga Heidi	10.00 - 11.00am Pilates Olivia	10.00 - 11.00am Yoga Vivienne	10.00 - 10.45am Gravity Freeform Jess	10.00 - 11.00am Pop Pilates Sophie	8:00 - 8:45am Max Hiit Jillian	
					8:50 - 9:50am Pilates Fusion Bronwyn	
Afternoons & Evenings in the Gym						
3.45 - 4.30pm Fit Kidz* Charlie	3.45 - 4.30pm Fit Kidz* Charlie	3.45 - 4.30pm Fit Kidz* Charlie	3.45 - 4.30pm Fit Kidz* Charlie			
4.30 - 5.30pm Fit Teenz* Tim	4.30 - 5.30pm Fit Teenz* Tim	4.30 - 5.30pm Fit Teenz* Tim	4.30 - 5.30pm Fit Teenz* Tim			
5.30 - 6.00pm Gravity Bronwyn	5.30 - 6.00pm Gravity Freeform Charlie	5.30 - 6.00pm Spin Jillian	5.30 - 6.00pm Gravity Charlie			
6.00 - 6.45pm Max Hiit Bronwyn	6.00 - 6.45pm Boxing Charlie	6.00 - 6.45pm Grin Jillian	6.00 - 6.45pm Circuit Charlie			
6.50 - 7.50pm Pilates Fusion Bronwyn	6.50 - 7.50pm Yoga Vivienne	6.50 - 7.50pm Pilates Michelle	6.50 - 7.50pm Yoga Heidi			

Notes: This Timetable is current from the Monday 14th February 2017. 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 - \$2.00, Large - \$4.00

Equipment Requirements: For Pilates & Yoga, Classes you must bring your own floor mat & towel. Mats can be hired for \$4.00. Boxing 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 very welcome to come and exercise at Freshstart, upon your first visit you will be required to complete a "Pre-Exercise Questionnaire" this will be kept on file so you can continue visiting Freshstart.

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

Casual Crèche Prices (Per child): 1hr \$3.50. 1.5hrs \$5.00 *Fit Kidz & Teenz: Please call our reception team for more information

*Fit Kidz & Teenz: Please call our reception team for more information

Freshstart Gym Opening & Closing Times
Monday to Thursday: 5.30am to 8.30pm
Friday: 5.30am to 7.30pm
Saturday: 6.30am to 4.30pm
Sunday: 8.00am to 2.30pm
Public Holidays: Please Contact Us

Crèche Opening & Closing Times
Monday to Friday: 9.00am to 12.00pm
Saturday: 7.30am to 10.30am
Sunday & Public Holidays: Closed