



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 Rosie		6am - 7am Bootcamp Charlie		6am - 7am Bootcamp Charlie	
Mornings in the Gym						
5.45 - 6.30am Circuit Rosie	5.45 - 6.30am Cardio Core Jess	5.45 - 6.30am MaxHiit Ash	5.45 - 6.30am Cardio Core Jillian	5.45 - 6.30am Circuit Rosie	6.30 - 7.30am Hot Power Yoga Tegan	
		6.30 - 7.00am Spin Ash			7.30 - 8.15am Gravity Freeform Charlie	
9.15 - 10.00am Max Hiit Jess	9.15 - 10.00am Gravity Charlie	9.15 - 10.00am Circuit Charlie	9.15 - 10.00am Boxing Charlie	9.15 - 10.00am Cardio Core Jess	8:15 - 9:00am Max Hiit Rosie	
10.00 - 11.00am Dynamic Flow Yoga Carolyn	10.00 - 11.00am Pilates Olivia	10.00 - 11.00am Dynamic Flow Yoga Vivienne	10.00 - 11.00am Pilates Julia	10.00 - 11.00am Flow Yoga Heidi	9.00 - 10:00am Pilates Instructor TBA	9:00 - 9:45am Circuit Rosie
	10.00 - 11.00am First Steps - Rosie (You must book)				9.00 - 10:00am First Steps - Rosie (You must book)	
Afternoons & Evenings in the Gym						
3.45 - 4.30pm Fit Kids* Tim / Rosie	3.45 - 4.30pm Fit Kids* Tim / Rosie	3.45 - 4.30pm Fit Kids* Tim / Rosie	3.45 - 4.30pm Fit Kids* Tim / Rosie			
4.30 - 5.30pm Fit Teens* Tim	4.30 - 5.30pm Fit Teens* Tim	4.30 - 5.30pm Fit Teens* Tim	4.30 - 5.30pm Fit Teens* Tim			
5.30 - 6.00pm Gravity Charlie	5.30 - 6.00pm Gravity Freeform Charlie	5.30 - 6.00pm Spin Jillian	5.30 - 6.00pm Gravity Jillian			
6.00 - 6.45pm Max Hiit Charlie	6.00 - 6.45pm Boxing Charlie	5.45 - 6.45pm First Steps - Rosie (You must book)	6.00 - 6.45pm Circuit Jillian			
6.50 - 7.50pm Pilates Instructor TBA	6.50 - 7.50pm Dynamic Flow Yoga Vivienne	6.00 - 6.45pm Cardio Core Jillian	6.50 - 7.50pm Dynamic Flow Yoga Carolyn			
		6.50 - 7.50pm Pilates Michelle				

Notes: This Timetable is current from the Monday 5th February 2018. 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. 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 a very welcome to come and exercise a 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 \$5.00. 1.5hrs \$7.50 ***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
Sundays: Closed
Public Holiday: Please Contact Us