



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		6.30am - 7.30am Bootcamp Charlie	
Mornings in the Gym						
5.30 - 6.15am Circuit Rosie	5.30 - 6.15am Cardio Core Jess	5.30 - 6.15am Max Hiit Ash	5.30 - 6.15am Circuit Jillian	5.30 - 6.15am Cardio Core Rosie	6.30 - 7.30am Hot Power Yoga Alex	
6.15 - 6.45am MetaFit Rosie		6.15 - 6.45am Spin Ash		6.15 - 6.45am MetaFit Rosie	7.30 - 8.15am Gravity Freeform Rosie	
7.30 - 8.30am Strong Seniors Jess		7.30 - 8.30am Strong Seniors Sam		7.30 - 8.30am Strong Seniors Sam	8:15 - 9:00am Max Hiit Rosie	8.30 - 9.00am MetaFit Rosie / Jillian
9.15 - 10.00am Circuit Rosie	9.15 - 10.00am Gravity FreeForm Jess	9.15 - 10.00am MaxHiit Rosie	9.15 - 10.00am Boxing Charlie	9.15 - 10.00am Cardio Core Jess	9.00 - 10:00am Pilates Carlitta	9:00 - 9:45am Circuit Rosie / Jillian
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 D	10.00 - 11.00am Flow Yoga Heidi	9.00 - 10:00am First Steps - Rosie (You must book)	
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			
5.30 - 6.00pm MetaFit Charlie	5.30 - 6.00pm Gravity Freeform Charlie	5.30 - 6.00pm MetaFit Jillian	5.30 - 6.00pm Gravity Freeform Jillian			
6.00 - 6.45pm Max Hiit Charlie	6.00 - 6.45pm Boxing Charlie	6.00 - 6.45pm Cardio Core Jillian	6.00 - 6.45pm Circuit Jillian			
6.50 - 7.50pm Pilates Jules F	6.50 - 7.50pm Dynamic Flow Yoga Vivienne	6.00 - 7.00pm First Steps - Rosie (You must book)	6.50 - 7.50pm Dynamic Flow Yoga Carolyn			
		6.50 - 7.50pm Pilates Michelle				

Notes: This Timetable is current from Monday 14th May 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

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

***Strong Seniors:** 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 Prices, Opening & Closing Times
Crèche Prices (Per visit, child): 1hr \$5.00. 1.5hrs \$7.50
Open Monday to Friday: 9.00am to 12.00pm
Open Saturday: 7.30am to 10.30am
Closed Sundays
Public Holiday: Please Contact Us