



# UPDATED SPRING TIMETABLE

PH: (02) 9970 8400

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early Mornings Classes - For the 5.30am classes in the gym you will need to have a 24hr access proxy.</b>						
5.30 - 6.15am H.I.I.T Sophie	5.30 - 6.15am Abs, Butts & Thighs Jess	5.30 - 6.15am Strength & Cardio Sophie	5.30 - 6.15am Circuit Jess	5.30 - 6.15am Cardio Core Sophie	6.30 - 7.30am Strength & Conditioning*	
6.15 - 7.15am Strength & Conditioning*	6am - 7am Outdoor Bootcamp Rosie	6.15 - 7.15am Strength & Conditioning*	6am - 7am Outdoor Bootcamp Charlie	6.15 - 7.15am Strength & Conditioning*	6.30am - 7.30am Outdoor Bootcamp Charlie	
7.30 - 8.30am Strong Seniors* Mitch	7.30 - 8.30am Strong Seniors* Tim	7.30 - 8.30am Strong Seniors* Mitch	7.30 - 8.30am Strong Seniors* Tim	7.30 - 8.30am Strong Seniors* Mitch	7.30 - 8.15am Strength & Cardio Rosie	8.30 - 9.15am Gravity Freeform Rosie / Sophie
9.15 - 10.00am H.I.I.T Sophie	9.15 - 10.00am Abs, Butts & Thighs Jess	9.15 - 10.00am Strength & Cardio Sophie	9.15 - 10.00am Circuit Jess	9.15 - 10.00am Cardio Core Sophie	8:15 - 9:00am 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 Olivia	
10.15 - 11.15am Strength & Conditioning*	11.15-12.15pm Strong Seniors Mitch	10.15 - 11.15am Strength & Conditioning*	11.15-12.15pm Strong Seniors Tim	10.15 - 11.15am Strength & Conditioning*		
<b>Afternoons &amp; Evenings In The Gym</b>						
3.45 - 4.30pm Fit Kids* Tim	3.45 - 4.30pm Fit Kids* Mitch	3.45 - 4.30pm Fit Kids* Tim	3.45 - 4.30pm Fit Kids* Mitch			
4.30 - 5.15pm Fit Teens* Tim	4.30 - 5.15pm Fit Teens* Mitch	4.30 - 5.15pm Fit Teens* Tim	4.30 - 5.15pm Fit Teens* Mitch			
5.15 - 6.00pm H.I.I.T Jess	5.15 - 6.00pm Gravity Spin Jillian	5.15 - 6.00pm Strength & Cardio Rosie				
6.00 - 6.45pm Boxing Jess	6.00 - 6.45pm Abs, Butts & Thighs Jillian	6.00 - 6.45pm Boxing Rosie	6.00 - 6.45pm Circuit Jillian			
6.15 - 7.15pm Strength & Conditioning*		6.15 - 7.15pm Strength & Conditioning*				
6.45 - 7.45pm Pilates Carrie	6.45 - 7.45pm Dynamic Flow Yoga Lucy	6.45 - 7.45pm Barre Pilates Michelle	6.45 - 7.45pm Dynamic Flow Yoga Carolyn			

**Notes:** This Timetable is current from Monday 30th September 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.

**Outdoor Bootcamp:** To find out our weekly location please check our Facebook & Instagram pages on Monday afternoon.

**Class Descriptions:** Please visit our website for more information about the classes we offer: [www.freshstart.com.au](http://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) \$15.00

**\*Strength & Conditioning, Strong Seniors, Fit Kids & Fit Teens:** Please call reception for more information as these programs are not included our standard membership fees

Freshstart Fitness is a 24hr Accessible Gym		
Staffed Hours	Opening Times	Closing Times
Monday to 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 to Thursday	9.00am	11.30am
Friday	9.00am	11.30am
Saturday	7:30am	10.00am
Sunday	Closed	Closed

**Please Note:** Public holiday hours vary call reception