



WOLLONGONG MPower

# FITNESS TIMETABLE

## LOCATION

### MONDAY

6:00 – 6:45pm  
**Fat Burner**  
with Jamison

### TUESDAY

6:00 – 6:45pm  
**Spin Class**  
with Ash

### WEDNESDAY

6:00 – 6:45pm  
**Group Boxing**  
with Ash

### THURSDAY

6:00 – 6:45pm  
**Spin Class with**  
Jamison

### FRIDAY

6:00 – 6:45pm  
**Group Boxing**  
with Ash

### SATURDAY

10:00 – 10:45am  
**Fat Burner**  
with Ash

### SUNDAY

MPower Gym

3:00pm – 8:00pm  
**Open Circuit**

3:00pm – 8:00pm  
**Open Circuit**

3:00pm – 8:00pm  
**Open Circuit**

3:00 pm– 8:00pm  
**Open Circuit**

3:00 pm– 8:00pm  
**Open Circuit**

9:00am – 12:00pm  
**Open Circuit**

Yoga Studio

5:00 – 5:45pm  
**Yoga Gentle**  
with Jaqui

5:00 – 5:45pm  
**Pilates**  
with Morgen

5:00 – 5:45pm  
**Yoga Balance**  
with Jane

5:00 – 5:45pm  
**Yoga Flexibility**  
with Jaqui

10:00 – 10:45am  
**Yoga Balance**  
with Jaqui

6:00 - 6.45pm  
**Guided Meditation**  
with Ursula  
BACK IN FEB

6:00 – 6:45pm  
**Pilates**  
with Morgen

6:00 - 6.45pm  
**Guided Meditation**  
with Ursula  
BACK IN FEB

6:00 – 6:45pm  
**Yoga Strength**  
with Jaqui

7:00 – 7:45pm  
**Yoga Balance**  
with Jaqui



<https://www.facebook.com/GKRKarateRegion17Australia>

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**GKRKARATE**  
KARATE FOR EVERYONE