



WOLLONGONG MPOWER ***FITNESS TIMETABLE***

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
6.00am – 6:45am FAT BURNER	6.00am – 6:45am HITT	6.00am – 6:45am BOX N BURN	6.00am – 6:45am FUNCTIONAL STRENGTH	6.00am – 6:45am CIRCUIT	8.00am – 8:45am FAT BURNER	
		5.00pm – 5:45pm GROUP BOXING			9.00am – 9:45am BOX N BURN	
6.00pm – 6:45pm FAT BURNER	6.00pm – 6:45pm SPIN	6.00pm – 6:45pm WOMEN'S SELF DEFENCE	6.00pm – 6:45pm FUNCTIONAL STRENGTH	6.00pm – 6:45pm GROUP BOXING		



MPower Fitness Wollongong

<https://www.mpower.gkrkarate.com>

