

THE FIT WAY TIMETABLE

*BABY/KID FRIENDLY SESSIONS

LOCATIONS:

SHELLY BEACH SURF CLUB

AUREUS VILLAGE GREEN, SKENNARS HEAD

MISSINGHAM PARK, COMMEMORATION PARK, BALLINA

INDOOR CLASSES AT WIGMORE HALL, SWIFT ST BALLINA

TIME	MON	TUE	WED	THU	FRI	SAT
6-6.45 AM	FIT FULL BODY, SHELLY BEACH	FIT FULL BODY, SHELLY BEACH	FIT FULL BODY, SKENNARS HEAD	MAT PILATES, BALLINA	FIT FULL BODY, SHELLY BEACH	
7.15-8AM						*BOXING HIIT, BALLINA
8.30 -9.15 AM						*FIT FULL BODY, BALLINA
9.30-10.15 AM		*FIT FULL BODY, SKENNARS HEAD	*FIT FULL BODY, SHELLY BEACH	*FIT FULL BODY, SKENNARS HEAD	*FIT FULL BODY, SHELLY BEACH	
5.15-6 PM	*FIT FULL BODY, SKENNARS HEAD	*FIT FULL BODY, SHELLY BEACH	(5-6PM) MAT PILATES, BALLINA	*FIT FULL BODY, SHELLY BEACH	(5-6PM) SLOW FLOW YOGA, BALLINA	