

ASTRO ACTIVE CENTRE FITNESS CLASSES

Summer 2017

Valid 17th July-3rd September 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.45-10.30	Mums, Bums Tums 9.45am	Summer Body Weigh in 9.45am		Mums, Bums Tums 9.45am		
10-11am			PILATES 6 week block starts 19 th July 2017			<u>10.30 start</u> Kids Tae Kwondo Contact Tom
11-12						<u>11.30 start</u> Adult Tae Kwondo Contact Tom
12 – 1pm						
4-5pm		Teen Gym	Teen Gym	Teen Gym		
5-6pm						
6-7pm	Kids Tae Kwondo Contact Tom	Summer Body Weigh in 6pm				
7.-8pm	Adult Tae Kwondo Contact Tom	BODY FIT	BOOT CAMP	BODY FIT		
8.-9pm	BOOT CAMP	Summer Body Weigh in 8pm				

Tae Kwondo: Tom Thornton 086 3862020