



GROUP EXERCISE CLASS TIMETABLE

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TIME	MON	TUES	WED	THU	FRI	SAT
6:00am	SHAPE & SCULPT - KAZ West Pennant Hills	SHAPE & SCULPT - HEIDI Epping	SHAPE & SCULPT - KAZ West Pennant Hills	BOXING BLITZ - HEIDI Epping	SHAPE & SCULPT - HEIDI Epping	
6:00am				HIGH INTENSITY - KAZ West Pennant Hills <i>Specific dates only - 40 min classes</i>		
6:30am						SHAPE & SCULPT - HEIDI West Pennant Hills
6:30am						SHAPE & SCULPT - KAZ Epping
7:00am				SHAPE & SCULPT - KAZ West Pennant Hills		
7:15am			SHAPE & SCULPT - KAZ West Pennant Hills			
9:15am	SHAPE & SCULPT - KAREN Epping					
6:00pm	SHAPE & SCULPT - KAZ West Pennant Hills		SHAPE & SCULPT - KAZ West Pennant Hills			
6:30pm		PILATES - KAREN Epping <i>Specific dates only</i>				
7:15pm	SHAPE & SCULPT - KAZ Marsfield					

- * Class timetable is current as from 1 February 2019.
- * All classes are conducted outdoors. When raining they will be conducted undercover.
- * All participants are required to bring a towel and a water bottle to every class.
- * All classes run for 60 mins, unless otherwise specified.
- * Certain classes run for a specified set of dates.

LOCATIONS

EPPING - Epping Oval, Norfolk Road, Pilates: North Epping Guides Hall, Boundary Road
 WEST PENNANT HILLS - George Thornton Reserve, View Street
 MARSFIELD - Waterloo Oval, Waterloo Road

NOTE: Timetable and classes are subject to change without notice, and Pilates & High Intensity classes are separate programs to our normal classes.