

# WINTER WARRIOR TIMETABLE

<b>MON</b>	6:00am HUSTLE	8:00am Strong Movers	
<b>TUE</b>	9:30am Circuit	<b>NEW</b> 6:00pm Strength	
<b>WED</b>	8:00am Strong Movers	9:30am CBC	
<b>THUR</b>	6:00am HUSTLE	9:30am Body Pump	<b>NEW</b> 5:30pm Strength
<b>FRI</b>	8:00am Strong Movers	9:30am Pilates	9:30am RPM
<b>SAT</b>	<b>NEW</b> 8:30am HIIT		

Cardinia  
Life

Fitness Testing  
Start: June 17th  
End: July 29th

Initial Body Scans  
12-18 June