# **FITNESS CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRIPLE TREAT 6am – 7am	<b>BOXFIT</b> 6am – 7am	THE AMAZON 6am – 7am	CORE N MORE 6am – 7am		TOTAL BODY CIRCUIT 7.30am – 8.30am
<b>BOXFIT</b> 9.30am – 10.30am	<b>LIGHT &amp; EASY</b> 9.30am – 10.30am	<b>THE AMAZON</b> 9.30am – 10.30am	<b>LIGHT &amp; EASY</b> 9.30am – 10.30am	9.30am – 10.30am	
			<b>YOGA</b> 10.30am – 11.30am		
<b>CARDIO COMBO</b> 6.30pm – 7.30pm	<b>FUNC-FIT</b> 6.30pm – 7.30pm	TOTAL BODY CIRCUIT 6.30pm – 7.30pm			

<sup>\*</sup> No Contract Club Membership \$14.50pw

## **JUNIOR SPORTS & ADULT COMPETITIONS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNIORS		Acro-Balance for Littlies 2-5yrs 9.30am – 10.15am		Mummy & Me Dance Walking – Pre Prep 9.30am – 10.15am	
	Junior Futsal Competition 6-9yrs 4.00pm – 5.00pm	Acro-Balance 6yrs and Up 4pm – 5pm	Netball Skills & Drills 6-12yrs 4pm – 5pm	Acro-Balance 6yrs and Up 4pm – 5pm	
	Youth Futsal Competition 10-13yrs 5.00pm – 6:00pm			Junior Soldiers  Bootcamp  6-12yrs  4pm – 5pm	

Junior Sports & Kindy Sessions \$7.00 Acro-Balance \$8.00 Junior Competitions \$8.00

**Indoor Cricket** From 6.30pm

**Men's Futsal** From 6.30pm

**Social Basketball** From 6.30pm

**Social Netball** From 6.30pm

**Women's Futsal** 

From 6:30pm

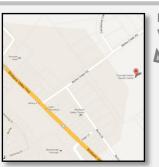
Indoor Cricket \$12.25 Futsal \$12.00 Social Basketball \$5.00 Ladies Netball \$12.00 (Per Player/Per Game)



32 Banks Creek Rd, FERNVALE Q **T** 07 5426 7520 E fernvale@belgravialeisure.com.au W fernvaleisc.com.au

belgravialeisure





Located just off the Brisbane Valley Highway

### **CENTRE HOURS**

MON-FRI 5.30am - 8.30pm

SAT 7.00am - 5.00pm

SUN 9.00am - 12.00pm

<sup>\*</sup> Casual Visits & Classes for \$15 Light & Easy \$8



### **What Our Memberships Includes:**

- A Personalised Gym Program specified to your goals
  - Regular Program Updates
  - Access to ALL our Fitness Classes
  - Unlimited Access to our Studio Gym
    - Fitness & Health Testing
- Personal Training & Health Club Discounts

No Contract Club Membership \$14.50 p/w



LIKE US on FACEBOOK for all the latest updates, offers and competitions

fernvaleindoorsportscentre

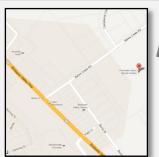


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