

FITNESS CLASSES

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

*** No Contract Club Membership \$14.50pw**

* Casual Visits & Classes for \$15
Light & Easy \$8

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

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ADULTS	Indoor Cricket From 6.30pm	Men's Futsal From 6.30pm Women's Futsal From 6:30pm	Social Basketball From 6.30pm	Social Netball From 6.30pm	

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



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belgravialeisure



Somerset
REGIONAL COUNCIL



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



Fernvale Indoor Sports Centre

NOW HAS

CHILDMINDING

MONDAY, WEDNESDAY, FRIDAY
MORNINGS

OPERATING HOURS

9:00am – 11:30am Mon, Wed, Fri

AGES 2 MONTHS & UP

Now you can train with peace of mind and peace and quiet.



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



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latest updates, offers
and competitions

fernvaleindoorsportscentre



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