







# GROUP SESSION TIMETABLE

STARTING: Monday 1<sup>st</sup> August 2011  
 @ GOSFORD WATERFRONT



Timetable subject to change with out notice

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.00 – 7.00 am						
7.00 – 8.00 am						
9.30 – 10.30 am						
6.00 – 7.00 pm						

**BOOT CAMPS AUSTRALIA** – The ultimate get fit fast session designed to unleash the warrior within! Outdoor innovative functional training which works your cardio, core and physical fitness like no other.

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