

	SUN	MON	TUE	WED	THU	FRI	SAT	
6:30		ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT	STRONG AF VIRTUAL SESSION 30 MINS		STRONG AF VIRTUAL SESSION 30 MINS	ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT		
7:00			TONED AF VIRTUAL SESSION NO IMPACT 30 MIN MAT BASED STRENGTH WORKOUT		TONED AF VIRTUAL SESSION NO IMPACT 30 MIN MAT BASED STRENGTH WORKOUT			
8:00							METAFIT BODY WEIGHT WORKOUT 30 MINS	
8:30							SEMI PRIVATE PT SESSION 45 MINS	
9:00				METAFIT BODY WEIGHT WORKOUT 30 MINS	METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS		METAFIT BODY WEIGHT WORKOUT 30 MINS	ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT
9:30				SEMI PRIVATE PT SESSION 45 MINS	ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT		ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT	ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT
10:30				ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT			ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT	
12:00				ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT	SEMI PRIVATE PT SESSION 45 MINS			
15:30					ONLINE PT: NUTRITION CONSULTATION BY APPOINTMENT			
16:30			METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS	METAFIT BODY WEIGHT WORKOUT 30 MINS	STRONG AF WEIGHTS WORKOUT 30 MINS		METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS	
17:00		METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS	METAFIT BODY WEIGHT WORKOUT 30 MINS	STRONG AF WEIGHTS WORKOUT 30 MINS	METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS			
17:30		METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS	METAFIT BODY WEIGHT WORKOUT 30 MINS	SEMI PRIVATE PT SESSION 45 MINS	METAPWR METABOLIC RESISTANCE TRAINING (MRT) 30 MINS			
18:00		SEMI PRIVATE PT SESSION 45 MINS	TONED AF NO-IMPACT 30 MIN MAT BASED STRENGTH WORKOUT		TONED AF NO-IMPACT 30 MIN MAT BASED STRENGTH WORKOUT			

COLOR CODING:

- YELLOW** IN PERSON CLASSES AVAILABLE TO BOOK
- BLUE** BY APPOINTMENT ONLY
- GREEN** VIRTUAL ONLINE CLASSES DELIVERED BY ZOOM
- ORANGE** SEMI PRIVATE PT SESSION

**CONTACT ANGIE
ON 0434 538 638 FOR
BOOKINGS AND ENQUIRIES**

