

# SPRINGFIELD CLASS TIMETABLE



STRENGTH, FLEXIBILITY, AND BALANCE

	TIME	ACTIVITIES
<b>Monday</b>	4:00 PM – 4:50 PM	Bootcamp
<b>Tuesday</b>	4:10 PM – 5:00 PM	Pilates
<b>Wednesday</b>	4:00 PM – 4:50 PM	Bootcamp
<b>Thursday</b>	4:00 PM – 4:50 PM	Yoga
<b>Friday</b>	-	-

37 Sinnathamby Blvd, Springfield Central QLD 4300

(07) 46880700

Please Note: All classes run for 50 minutes unless otherwise stated.

[www.studentguild.com.au/SGFit](http://www.studentguild.com.au/SGFit)