

# THE FITNESS HUB

Kingston Health & Fitness Hub

## GROUP CLASS PROGRAM

1/2 HR CLASS \$10 • 1HR & 45MIN CLASSES \$15

Bookings are essential, bring a towel and drink bottle.

For more information contact Tegan on 0499 885 400 or visit

[www.thefitnesshubs.com.au](http://www.thefitnesshubs.com.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00PM Teens	6:00AM Gym - Mixed Strength / Fitness	6:00AM HITT	6:00AM Boxing	6:00AM 8 Week Challenge	8:00AM Circuit
6:00PM Women's Strength	8:00AM Strength For Life	6:30AM Teens	9:30AM Strength For Life	7:00AM METAFIT	9:00AM Booty & Abs (1/2hr)
7:00PM Men's Strength (1/2hr)	9:00AM Gym - Mixed Strength / Fitness	7:30AM Circuit (45mins)	5:00PM Circuit	<p><b>Sessions held at</b>  <b>Kingston Health &amp; Fitness Hub</b>            51 James Street Kingston SE SA 5275</p>	
	6:00PM Boxing		5:30PM Booty & Abs (1/2hr)		
			6:00PM Men's Strength		

Classes with Jack - 0497 607 433

Classes with Tegan - 0499 885 400