



BRAINFIT GYM

CLASS SCHEDULE JUNE/JULY 2024

Monday

No Classes

Tuesday

Reformer/ Gym 12.00pm

Reformer/ Gym 1.00pm

Fiteracy/Gym 5.00pm

Wednesday

Reformer/ Gym 10.00am

Reformer/ Gym 12.00pm

Reformer/ Gym 4.00pm

Reformer/ Gym 5.00 pm

Thursday

Reformer/ Gym 2.00pm

Reformer/ Gym 5.00pm

Friday

Reformer/ Gym 8.00 am

Bookings Essential 6 to 8 people per class

Initial Assessment and Medical Clearance from GP may be required prior to attending classes

Participants will require new medical clearance if they have been recently hospitalised.