

# TRAINING HOURS

EFFECTIVE 1 OCTOBER 2009

	9 AM - 6 PM		6 - 7 PM	7 - 8 PM	8 - 9 PM	9 - 10PM
MON	PERSONAL TRAINING SESSIONS BY APPOINTMENT ONLY  PLEASE CALL 012 202 6111 VINCE CHOO		FIZFIT BEGINNERS	FIZFIT ADVANCED	CRAZY MONKEY ADVANCED	CRAZY MONKEY BEGINNERS
			6 - 7 PM	7 - 8 PM	8 - 9 PM	9 - 10PM
TUE			FIZFIT INTERMEDIATE	KETTLEBELLS BEGINNER	BJJ KIMONO BEGINNERS	BJJ KIMONO ADVANCED
			6 - 7 PM	7 - 8 PM	8 - 9 PM	9 - 10PM
WED			FIZFIT BEGINNERS	FIZFIT ADVANCED	CRAZY MONKEY ADVANCED	CRAZY MONKEY BEGINNERS
			6 - 7 PM	7 - 8 PM	8 - 9 PM	9 - 10PM
THU			FIZFIT INTERMEDIATE	FIZFIT BEGINNERS	BJJ KIMONO BEGINNERS	BJJ NO-GI ADVANCED
	6 - 7 PM	7 - 8 PM				
FRI		KETTLEBELLS BEGINNERS	KETTLEBELLS ADVANCED			
	10 - 11 AM	3 - 5 PM				
SAT	FIZFIT INTERMEDIATE	OPEN MATS	CLOSED ON SUNDAY & PUBLIC HOLIDAYS			