

Open Hours  
 Mon-Fri 6.00am-7.00pm  
 Sat 8.00am-1.00pm



### Class Timetable

Time	Mon	Tues	Wed	Thurs	Fri
8.30am				Seniors Class	
9.30am	crèche (2hr)	Crèche (1hr)	TBT Tummy, Butt Thigh workout Crèche (1hr)	ZUMBA Fitness crèche (1hr)	Cross Trainer Crèche (1hr)
10.30am	ZUMBA Fitness crèche				
6.00pm	MIXED Boxercise	Yoga/Pilates	ZUMBA Fitness Crèche (1hr)		

Please phone for more Information or to Book in for Your Class  
 Nambour\_gym@bigpond.com  
 PH: 5441 7744