
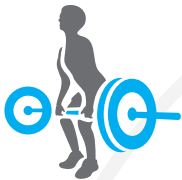

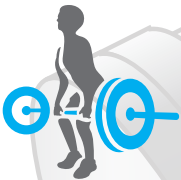

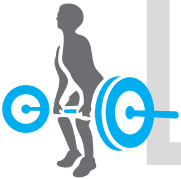

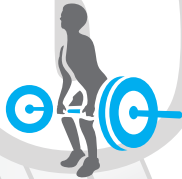



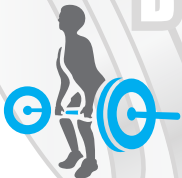








DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM						
7:00AM						TEAM FITCON
5:30PM					5:00PM 	
6:30PM						
CLASS TYPE	 FITCON 30 minutes of fast fitness.	 STRONGER Periodised strength programming.	 MOVE Movement and Mobility with zero weights.	 TIGHT ASS Glute specific resistance training.	TEAM FITCON	BFSGYM AUSTRALIA