



“Live your best life”

#1 in
Outdoor
Training

0414 715 679

fitnessk@tpg.com.au

www.fitnessking.com.au

Manly Group Training Your Health Investment for Group Training: \$39 per week

	MON	TUES	WED	THURS	FRI	SAT
6:00 AM – 7:00 AM	Group Training Kickstart		Group Training Boxing		Group Training Water or Weights	
7:00 AM – 8:00 AM						Group Training Saturday Super Session
5:30 PM – 6:00 PM or 6:00 PM – 6:30 PM	Group Training Stress Buster	Group Training Strength and Core		Group Training Boxing		

Manly Timetable – Running Team Your Health Investment for Running Team: \$20 per week

	MON	TUES	WED	THURS	FRI
5:30 AM	Running Team		Running Team		Running Team

Manly Timetable – Boxing Bootcamp Your Health Investment for Boxing Bootcamp: \$39 per week

	TUES	WED	THURS	FRI	SAT
5:30 AM	Boxing Bootcamp		Boxing Bootcamp		
7:00 AM					Boxing Bootcamp



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Manly Timetable – FITMUMS

Your Health Investment for FITMUMS: \$33 per week

	MON	TUES	WED	THURS	FRI	SAT
9:15 AM (includes child care)	FITMUMS	FITMUMS		FITMUMS		
7:00 AM (no child care)						FITMUMS