

**HI-ENERGY**

Health &amp; Fitness

Bucasia 49546755

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Times	6.00 – 7.30	6.00- 7.30	6.00 – 7.30	6.00 – 7.30	6.00 – 7.30	9.00 – 2.00
9.15 –10.15	 <b>BODYPUMP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	 <b>BODY BALANCE</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	 <b>BODY STEP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	 <b>BODYPUMP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	Pilates/Stretch	 <b>BODYPUMP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>
5.30 – 6.30					 <b>BODY COMBAT</b>	
6.00 – 7.00	 <b>BODY STEP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	 <b>BODYPUMP</b> <small>LES MILLS BODY TRAINING SYSTEMS</small>	 <b>BODY VIVE</b>	 <b>BODY ATTACK</b>		

Childcare available each morning - 9.00am – 11.00am

Friday. 4.45pm – 6.45pm Bookings essential

Casual rate \$13.00 per class 10 visit card \$110

Classes are subject to change without notice. Please check regularly for any updates.

Stay in touch at [WWW. Mackayfitnesscentral.com.au](http://WWW.Mackayfitnesscentral.com.au)