



PERFECT BALANCE PERSONAL TRAINING

Dunsborough
 30 Faure Lane
 (off Commonage Road)
 Ph:9756 7791

GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	Boxing Circuit	X-Training	Mmaxfit	X-Training	Boxing Circuit	
8.00am						Yoga
9.30am	X-Training	Boxing Circuir	Cardio	Pilates	X-Training	
9.30am						
10.30am						
4.00pm						
5.15pm						
5.30pm	Boxing Circuit	Yoga	Boxing Circuit	Boxing Circuit		
6.00pm						
6.30pm						

**Classes are subject to change or could be altered at any stage due to instructors availablitiy or class numbers. No classes will be held on Public Holidays.*