

BLACKTOWN CLASS TIMETABLE!

Commencing 27th May 2013

Studio Opening Hours

Monday	5:30am to 8pm
Tuesday	5:30am to 8pm
Wednesday	5:30am to 8pm
Thursday	5:30am to 8pm
Friday	5:30am to 6:30pm
Saturday	8am to 1pm
Sunday	9am to 11am

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM		MOTIVATE ME! BOOTCAMP Mea 60mins		 Step Aerobics - Mea 60mins By Appointment	FREESTYLE PUMP By Appointment - 60mins Mea		
6:00AM	MOTIVATE ME! Erin		HEART FOUNDATION FREE WALKING GROUP! MOTIVATE ME! Antonia				
7:00AM	MOTIVATE ME! Erin		 EXPRESS! 30 mins BY APPOINTMENT Antonia	MOTIVATE ME! Mel	 FREESTYLE BOXING Mel L 60 mins BY APPOINTMENT	 vivan 45 mins In studio BY APPOINTMENT	
8:00AM						Starting 15th June 6WC Bootcamp 60mins Shane	Starting 15th June 6WC Bootcamp 60mins Shane
9:30AM	 Tarnia 45 mins In studio BY APPOINTMENT	 WEIGHTS Mel L 30 mins BY APPOINTMENT	 FREESTYLE BOXING Erin 30 mins BY APPOINTMENT	MOTIVATE ME! Mel	 BUNS N GUNS Mel L 45 mins BY APPOINTMENT	Starting 8th June HIP HOP vivan 60 mins BY APPOINTMENT	 DANCE FIT! Antonia
10:00AM							 YOGA 45 mins BY APPOINTMENT Antonia
12:30PM	MOTIVATE ME! Erin	MOTIVATE ME! Tarnia	MOTIVATE ME! Erin	MOTIVATE ME! Erin	MOTIVATE ME! Erin	MOTIVATE ME! Vivian	
5:00PM	MOTIVATE ME! Vivian	MOTIVATE ME! Antonia			MOTIVATE ME! Krystle		
5:35PM		MOTIVATE ME! Antonia	 FREESTYLE BOXING Krystle 30 mins BY APPOINTMENT	MOTIVATE ME! Krystle	 Krystle 45 mins BY APPOINTMENT		
6:15PM	MOTIVATE ME! Vivian	 ZUMBA Antonia 45 mins BY APPOINTMENT	MOTIVATE ME! Krystle	 KICK-BOX Krystle 45 mins BY APPOINTMENT	6WC BOOTCAMP \$5 Per session Tallawong Park Cnr of Tallawong Ave & Bibbalong Lane See staff for registration		
7:05PM	 ZUMBA vivan 45 mins BY APPOINTMENT	 Pilates Tracy 60 mins BY APPOINTMENT	 Krystle 30 mins BY APPOINTMENT	 Pilates Tracy 60 mins BY APPOINTMENT			

**** BY APPOINTMENT CLASSES ARE INCLUDED FOR GROUP FIT MEMBERS OR \$10 PER CLASS FOR NON GROUP FIT MEMBERS****

PILATES (60 mins) GF

Overall body fitness, elongate supple muscles, & balance between body & mind, with all the parts working as a whole.

ZUMBA (45 mins) GF

A fun, easy an effective dance based cardio workout.

YOGA (45mins) GF

Stretch and tone your body. A workout for the mind, body and soul. Walk in and float out...!

FREESTYLE BOXING (30 OR 60 mins) GF

Enjoy some team boxing mixed with circuit style training, bodyweight exercises & FUN!

S.O.S (45 mins) GF

Code for: HELP! This Super Outdoor Session is held in the Studio - this Bootcamp style workout is indoors & outdoors.

BUNS N GUNS (45mins) GF

Toning and strengthening your arms and butt!

KICK-BOX (45mins) GF

Dance to keep yourself fit!

WEIGHTS (30mins) GF

High intensity weight workout

STEP AEROBICS (60mins) GF

60 mins of hard-core STEP moves to elevate your heart rate and work all your muscles!

FREESTYLE PUMP (60mins) GF

Using Barbell & Dumbbell weights working all muscles of the upper and lower body as well as the abdominals for amazing muscular shape & tone.

HIP HOP (60mins) GF

An energetic basic funky Hip Hop Fitness Class with dance moves fused with Aerobic combinations to get your heart racing

PILATES EXPRESS! (30mins) GF

Overall body fitness & balance between body & mind with all the parts working as a whole in EXPRESS format!

MOTIVATE ME! (30mins) ALL

Come join us for some motivational moves whilst completing the circuit!

MOTIVATE ME! Bootcamp (60mins) ALL

Motivational moves in a mini Bootcamp style whilst completing the circuit!

DANCE FIT! ALL

Dance to keep yourself fit!

CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE