



GENERAL GROUP FITNESS TIMETABLE

| MONDAY | |
|-----------|--|
| 6.30pm | Metafit – Guildford |
| TUESDAY | |
| 6.15am | Circuit – Castlemaine |
| 7.30pm | Metafit – Guildford |
| WEDNESDAY | |
| 12.15pm | <i>Core Foundations – Castlemaine (starts 21 June)</i> |
| 5.30pm | Metafit - Castlemaine |
| 7.00pm | Metafit – Guildford |
| THURSDAY | |
| 6.15am | Metafit – Guildford |
| FRIDAY | |
| 6.15am | Metafit – Castlemaine |
| 7.00am | Express Circuit – Castlemaine |
| SATURDAY | |
| 7.30am | Express Circuit - Guildford |
| 9.00am | Indoor Bootcamp - Castlemaine |

LOCATIONS

Guildford - at 5 Minute Fitness (previously FitnFoxy), Newstead-Guildford Road.

Castlemaine - at Castlemaine Fitness, 23a Lyttleton St, Castlemaine.

Contact Eve to book a class today.

0450 79 78 37

www.5minutefitness.com.au



GROUP PERSONAL TRAINING AVAILABILITY AT GUILDFORD

Small groups of 2-4 people for those who want something more than a general group fitness class, but are not necessarily looking for 1 on 1 private personal training.

| MONDAY | |
|-----------|----------|
| 6.00am | 2 places |
| 7.30pm | 2 places |
| TUESDAY | |
| 6.30pm | 3 places |
| WEDNESDAY | |
| 6.30am | 2 places |
| 9.45am | 2 places |
| THURSDAY | |
| 5.30pm | 2 places |
| FRIDAY | |
| 8.15am | 2 places |

LOCATION

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