



GENERAL GROUP FITNESS TIMETABLE

Guildford

5 Minute Fitness, Newstead-Guildford Road, Guildford.

MONDAY	
6.30pm – 7.15pm	Circuit
SATURDAY	
7.00am – 8.00am	Circuit

Chewton

Lifecycle Gym, 732 Pyrenees Highway, Chewton.

WEDNESDAY	
9.30am – 10.15am	Abs, Core and More
FRIDAY	
9.30am – 10.15am	Core Foundations (10 week program)

Castlemaine

Castlemaine Fitness, 23a Lyttleton St, Castlemaine.

TUESDAY	
6.15am – 7.00am	Circuit
WEDNESDAY	
5.30pm – 6.15pm	Abs, Core and More
6.30pm – 7.15pm	Core Foundations (10 week program)
FRIDAY	
6.15am	Circuit

[Download sign up forms here.](#)



GROUP PERSONAL TRAINING AVAILABILITY

Small groups of 2-4 people for those on a budget, or who want a bit more individual attention than a general group fitness class.

Guildford

5 Minute Fitness, Newstead-Guildford Road, Guildford.

MONDAY	
6.15am	1 place
TUESDAY	
6.00pm	2 places
THURSDAY	
5.30pm	2 places
6.30pm	2 places

Chewton

Lifecycle Gym, 732 Pyrenees Highway, Chewton.

WEDNESDAY	
8.00am	1 place
FRIDAY	
8.00am	2 places

If you'd prefer private sessions at a different time than those above, get in touch with me and I'll let you know what other times I have available that might suit your needs.

[Download sign up forms here.](#)