

## SYDFIT HEALTH CENTRE SCHEDULE OF CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		SMALL GROUP TECHNICAL		SMALL GROUP TECHNICAL		
7:00 AM			START DEC 1/22 SMALL GROUP FITNESS		START DEC 1/22 SMALL GROUP FITNESS	
10:00 AM						SMALL GROUP FITNESS
11:00 AM						TINY CHAMPS (30 Minutes)
12:30 PM						TINY CHAMPS (30 Minutes)
1:15 PM						TINY CHAMPS (30 Minutes)
4:00 PM	YOUTH BOXING		YOUTH BOXING	YOUTH BOXING		
5:00 PM					COMPETITIVE BOXING	
6:00 PM	SMALL GROUP FITNESS	YOUNG CHAMPS	YOUNG CHAMPS	YOUNG CHAMPS	YOUNG CHAMPS	
7:00 PM		SMALL GROUP FITNESS	SMALL GROUP FITNESS	SMALL GROUP FITNESS	SMALL GROUP FITNESS	
8:00 PM	PROSPECT COMPETITIVE	COMPETITIVE BOXING	COMPETITIVE BOXING	PROSPECT COMPETITIVE		