



MORNING TIMETABLE // GROUP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM		Fat Blast 30mins		Fat Blast 30mins		
7.00AM						Fat Blast 30mins

EVENING TIMETABLE // GROUP

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00PM					Ab Blast 30mins	
6.30PM			Fat Blast 30mins		Thump Boxing 60mins	
7.00PM		Yoga 60mins	Pilates 60mins			

BOOKING IS REQUIRED FOR ALL GROUP FITNESS CLASSES. PLEASE CALL 0405 704 888 TO BOOK.
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MORNING TIMETABLE // SPECIALTY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM	Group PT 45mins		Group PT 45mins			
9.30AM		Fit Mums 60mins		Fit Mums 60mins		
7.00AM	Fit Mums 60mins		Fit Mums 60mins			Group PT 45mins

EVENING TIMETABLE // SPECIALTY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00PM		Group PT 45mins		Group PT 45mins		

REGISTRATION IS REQUIRED FOR ALL SPECIALTY CLASSES. PLEASE CALL 0405 704 888 TO REGISTER.
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KIDS BOXING // TEENS FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00AM						Kids Boxing 30mins
9.30AM						Teens Fitness 45mins
4.00PM		Kids Boxing 30mins	Kids Boxing 30mins	Kids Boxing 30mins		
4.30PM		Teens Fitness 45mins	Teens Fitness 45mins	Teens Fitness 45mins		

REGISTRATION IS REQUIRED FOR ALL KIDS & TEENS CLASSES. PLEASE CALL 0405 704 888 TO REGISTER.
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