



## HEALTH, WELLNESS, REHABILITATION

Shop 1, 5-9 Goodall Parade, Mawson Lakes, 5095

# Tick Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.45am			Boxing 45 mins		Spin 30mins		
6.15am					Weight Condition- ing		
9.00am	Life moves		Pilates 45 mins		Life Moves	Kids 5-13 30mins	
9.30am	50 + 45min				50 + 45min	Lifted 45mins	Weight Condition- ing
10.00am		Weight Conditioning 30 mins	Weight Conditioning & Balance Work 45 mins	Weight Condition- ing 30 mins		Yoga/ Pilates Fusion 45mins	Fitballs 30mins
10.30am		Fitballs 30mins			Spin 30mins		
11.00am				Pilates 45 mins		Boxing 45mins	
12.30pm						Weight Condition- ing	
4.00pm		Kids Move 5-8 30mins		Kids Move 5-8 30mins			
4.30pm		Kids Move 9-13 30mins		Kids Move 9-13 30mins			
5.00pm	Weight Conditioning With Type 2 Focus 1 hour	Weight Conditioning 30 mins	5.15 Core 30mins	Weight Condition- ing			
5.30pm		Spin 30mins	5.45 Weight Conditioning 30 mins	Boxing Express 30min	B.L.T (Butt, Legs, Thighs) 30mins		
6.00pm	Boxing 45 mins	Step 45mins	6.15 Boxing 45mins	Lifted 45mins	Step 45mins		
6.30pm	6.45pm Weight Conditioning 30mins						
7.00pm		Yoga/Pilates Fusion 45min + 15 Relax & Media- tion	Step 45mins	Pilates 45 mins			
7.30pm							