

IGNITION FITNESS CLASS SCHEDULE

As at 01.09.2012

	<u>Monday</u>			<u>Tuesday</u>			<u>Wednesday</u>			<u>Thursday</u>			<u>Friday</u>			<u>Saturday</u>		
	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>	<u>CB/IBC</u>	<u>FC</u>	<u>KB/B</u>
5:30-9:00am																		
9:00-9:30am																		
9:30-10:00am																		
10:00-10:30am																		
10:30-11:00am																		
11:00-12:00pm																		
12:00-12:30pm	CB/IBC	FC		CB/IBC	FC		CB/IBC	FC		CB/IBC	FC		CB/IBC	FC				
12:30-1:00pm	CB/IBC			CB/IBC			CB/IBC			CB/IBC			CB/IBC					
1:00-1:30pm		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B			
1:30-2:00pm		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B			
2:00-5:30pm																		
5:30-6:00pm	CB/IBC	FC		CB/IBC	FC		CB/IBC	FC		CB/IBC	FC			FC	KB/B			
6:00-6:30pm	CB/IBC		KB/B	CB/IBC		KB/B	CB/IBC		KB/B	CB/IBC		KB/B		FC	KB/B			
6:30-7:00pm		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B		FC	KB/B			
7:00-7:30pm		FC			FC			FC			FC			FC				
7:30-8:00pm		FC			FC			FC			FC			FC				

Cardio Blast/Indoor Boot Camp (CB/IBC):

5:30-6:30pm Monday - Thursday

9:00-10:00am - Saturday

Fight Class - Muay Thai, Kickboxing, Boxing (FC):

5:30-8:00pm - Monday - Friday

9:00-11:00am - Saturday

Kickboxing/Boxing (KB/B):

6:00-7:00pm - Monday, Wednesday, Friday

6:30-7:30pm - Tuesday, Thursday

IGNITION FITNESS CONTACT DETAILS:

Phone: 0430 364 046

Address: Unit 2/1a Byth St, Stafford