


Group Fitness VERMONT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOT CAMP 6.00am		FIGHTING FIT 6.00am		BOOT CAMP 6.00am	
				GET ACTIVE 7.30am	BOOT CAMP 8.00am
MORNING MUMS 9.30am	MORNING MUMS 9.30am	MORNING MUMS 9.30am	MORNING MUMS 9.30am	MORNING MUMS 9.30am	GET ACTIVE 9.00am
	VERMONT PS PARENTS 2:30PM		VERMONT PS PARENTS 2:30PM		
PILATES 6:30pm	FIGHTING FIT 6.30pm		FIGHTING FIT 6.30pm		
	GET ACTIVE 7.30pm		GET ACTIVE 7.30pm		



Studio located at Vermont Football Club Mel 62 J3

**CALL 1300 859 169 to book
your FREE TRIAL**

www.activelifestyle.com.au