



moving forward
FITNESS

MOVING FORWARD FITNESS - TRAINING SCHEDULE

Effective October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am - 6.45am GROUP FITNESS Keast Park Carrum		6am - 6.45am GROUP FITNESS Keast Park Carrum		6am - 6.45am GROUP FITNESS Keast Park Carrum	
6.30pm - 7.15pm GROUP FITNESS Keast Park Carrum	NEW! 6.30pm - 7.15pm HIIT & Run Seaford North Reserve - Railway Pde	6.30pm - 7.15pm GROUP FITNESS Keast Park Carrum	6.30pm - 7.15pm BOXING Keast Park Carrum		

www.movingforwardfitness.net.au