



We have 2 training locations: Gosford Waterfront & Gosford Sailing Club Park plus 2 wet weather locations at Gosford Public School (Waterfront back up) and 1st Gosford Scout Group Hall (Sailing Club back up). Notification of a class location change will be made via our Facebook page approximately 30 minutes prior to class.

Timetable subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes						
6.00–7.00		Gosford Waterfront BOOT CAMP		Gosford Waterfront BOOT CAMP		
7.00–8.00						Gosford Waterfront BOOT CAMP
9.30–10.30	Sailing Club Park BOOT CAMP		Sailing Club Park BOOT CAMP		Sailing Club Park BOOT CAMP	
PM Classes						
6.00–7.00	Gosford Waterfront BOOT CAMP		Gosford Waterfront BOXING	Gosford Waterfront SMASHER <i>(30 minute class)</i>		

Effective 19 September 2016

BOOT CAMP – The ultimate get fit fast session designed to unleash the warrior within! Outdoor innovative functional training which works your cardio, core & physical fitness like no other.

BOXING - Have you ever seen what a boxer's body looks like? They are lean, healthy & strong. Boxing is one of the toughest AND fun workouts you can ever do.

SMASHER – A short 30min blaster session aimed at real results for real people!

Gosford Waterfront; the wet weather back up is Gosford Public School, 50-64 Faunce Street West - West Gosford.
Sailing Club Park; the wet weather back up is 1st Gosford Scout Group Hall, 10 Masons Parade - Gosford.

****Please email for maps of all locations****