

**1/160 HASTINGS RIVER DRIVE  
PORT MACQUARIE  
02 6584 1122**

# **TIMETABLE**

**FROM 6 JAN, 2025**

**STAFFED HOURS  
MON-THURS: 6AM-7PM  
FRI: 6AM-4PM  
SAT: 7AM-12PM**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>7.30am</b>				ACTIVE GOLD		
<b>8.00am</b>						GOLD'S HIIT
<b>9.15am</b>	GOLD'S 45	GOLD'S TABATA	GOLD'S BOOTY HITT	GOLD'S 45	GOLD'S BOX FIT	GOLD'S YOGA
<b>10.15am</b>	ACTIVE GOLD	GOLD'S YOGA	ACTIVE GOLD	GOLD'S PILATES	ACTIVE GOLD	
<b>5.30pm</b>		GOLD'S HIIT		GOLD'S HIIT		
<b>5.45pm</b>	GOLD'S YOGA	GOLD'S BOOTY HITT	GOLD'S BOX FIT			

