



EMBRACING
Fitness Food & Life

Timetable | Small Group Training

Effective October 1, 2019

Bookings Essential

Minimum of 3 People Per Session

KEPTFit or InSyncFit Gym Memberships not Required

Program Start Dates 2019

All 6-Week Programs

Challenge No. 1: January 14

Challenge No. 2: March 4

Challenge No. 3: April 29

30-45 Minute Sessions

Lara | Fyansford | Geelong

Challenge No. 4: June 17

Challenge No. 5: October 7 (4 weeks)

Challenge No. 6: November 11

	Monday	Tuesday	Wednesday	Thursday	Sunday	
8.00am	FitN45 (Up to 45min) In-Sync-Fit Fyansford		FitN45 (Up to 45min) In-Sync-Fit Fyansford	OutdoorFit (Up to 45min) Eastern Beach Geelong		8.00am
8.30am					Walk/Run (Up to 45min) Eastern Beach Geelong	8.30am
11.00am		Fit with Friends (45min) Ingenia Lifestyle Lara				11:00am
5:30pm						5.30pm
6.00pm	FitN30 KEPTFit Gym Lara			ToneFit KEPTFit Gym Lara		6.00pm
TBA						TBA