



# Mackay timetable

CLASSES ARE NEVER THE SAME & CONSIST OF BOOTCAMP, WEIGHTS, CARDIO CIRCUITS, BOXING, TYRES, ROPES, KETTLEBELLS, HIIT, ABT JUST TO NAME A FEW!  
ALL FITNESS LEVELS CATERED FOR,

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30-6.15AM	SCULPT	BOOTCAMP	HIIT/ABS	:BOOTCAMP	BOXING	BOOTCAMP [7.00-8.00AM]
9-9.45am	SCULPT	ABT	BOXING	BOOTCAMP	FRIDAY FRENZY	
4.30-5.15PM	SCULPT	BOXING	Circuit	:BOOTCAMP	FRIDAY FRENZY	

6/2 Fursden St, Glenella

# Walkerston timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30-6.15AM	BOOTCAMP	SCULPT	Circuit	ABT	BOXING	BOOTCAMP [7.00-8.00AM]
9-9.45am	BOOTCAMP	SCULPT	Circuit	ABT	BOXING	
4.30-5.15PM	BOOTCAMP	SCULPT	Circuit	ABT		

3/5 Dutton St, Walkerston

# Mirani timetable

4.30-5.15PM MIRANI HIGH SCHOOL	HIIT Mirani High School [30mins]		BOOTCAMP Mirani High School			
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(Child friendly classes, children are still under your supervision.)

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