

MUMZONE AND DADZONE

INDOOR AND OUTDOOR FITNESS

These fitness sessions are for all levels
of fitness!

*\$4 Childminding Available Bookings Essential
Phone Matt 0407 969 458*

Tuesday
10.30am-11.15am MumZone Indoor Circuit with personal trainer
Wednesday
9.30 – 10.15am & 10.30am – 11.15am MumZone Boxing Class with personal trainer
Thursday
9.30am – 10.15am MumZone Outdoor with personal trainer
Friday
11.30am-12.15pm MumZone Boxing Class with personal trainer
Saturday
8.45am-9.30am DadZone Outdoor Class with personal trainer

PLEASE NOTE:
No childminding available for DadZone

COST: FREE



Communities for Children is an initiative
of the Australian Government
Department of Families, Housing,
Community Services and Indigenous
Affairs

MUMZONE AND DADZONE

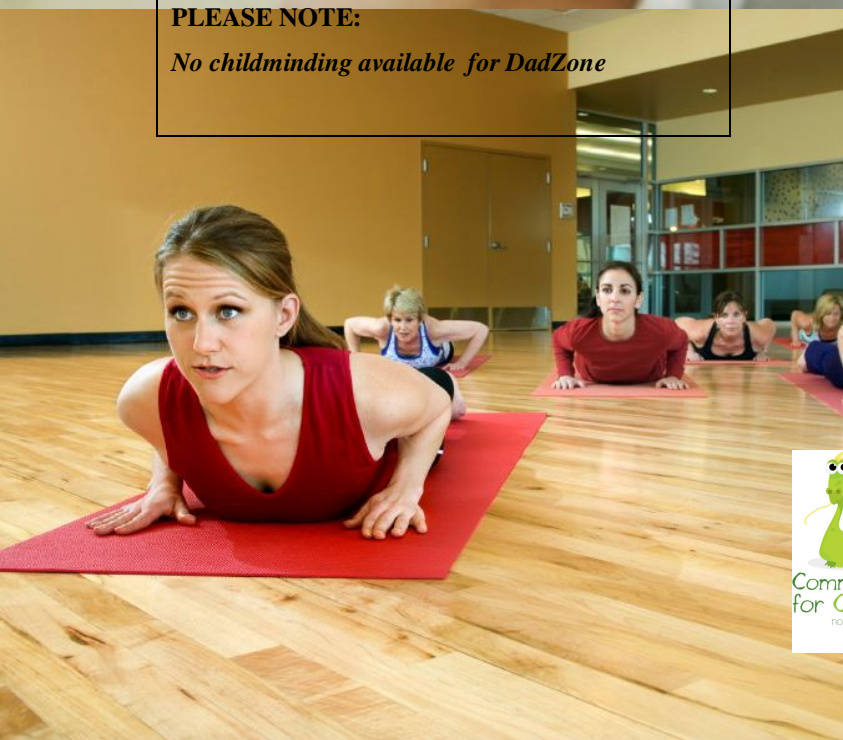
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