

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 <i>with personal trainer</i>
Wednesday
10.30am – 11.15am MumZone Boxing Class <i>with personal trainer</i>
Thursday
9.30am – 10.15am MumZone Outdoor <i>with personal trainer</i>
Friday
11.30am-12.15pm MumZone Boxing Class <i>with personal trainer</i>
Saturday
8.45am-9.30am DadZone Outdoor Class <i>with personal trainer</i>
PLEASE NOTE: <i>No childminding Available for DadZone</i>

**NEW FOR
DAD!**



COST: FREE



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

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