



**Trading Hours**

Mon to Thurs 6.00am - 8.00pm  
 Friday 6.00am - 7.00pm  
 Saturday 8.00am - 2.00pm  
 Sunday 9.00am - 1.00pm

**Complimentary Creche Hours**

Mon - Saturday 9.00am - 11.30am  
 Mon-Wed-Fri 4.00pm - 6.30pm  
 Tues - Thurs 3.45pm - 6.30pm

106 Kable Ave TAMWORTH T: 02 6766 8388 F: 02 6766 8588 E: admin@clubsynergy.com.au

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15AM 45min	<b>SPINERGY</b> Rachel	<b>FITBOX</b> Matt	<b>BODYATTACK</b> Rachel	<b>SWAT</b> Rachel	<b>BODYPUMP</b> Matt	
8.15AM						<b>BODYATTACK</b> 1 hour Rachel
9.30AM	<b>BODYPUMP</b> Scott	<b>BODYATTACK</b> Kay	<b>BODYPUMP</b> Kay	<b>BODYCOMBAT</b> Scott	<b>BODYSTEP</b> Kay	<b>BODYPUMP</b> Scott
10.30AM	<b>BODYCOMBAT</b> Scott		<b>PILATES</b> Kay			<b>BODYBALANCE</b> Scott
			11.45am Young at Heart Matt	12.30pm Circuit Matt	12.30pm <b>SYNERGISE</b> Scott	
3.45PM 30min		<b>LITTLE LEAGUE</b> Matt		<b>KIDS CLUB</b>		
4.40PM 45min	<b>BODYSTEP</b> Kay	<b>BODYPUMP</b> Matt	<b>50/50</b> Kay	<b>ZUMBA</b> Sue	<b>4.30pm</b> <b>BODYCOMBAT</b> Scott	
5.30PM	<b>BODYPUMP</b> Kay	<b>BODYSTEP</b> Rachel	<b>SWAT</b> Rachel	<b>BODYATTACK</b> Kay	<b>SPINERGY</b> Rachel	
6.30PM	<b>ZUMBA</b> Sue	<b>SPINERGY</b> Matt		<b>BODYBALANCE</b> Matt		

**Timetable effective from  
August 2011**

**CHECK US OUT AT: [www.clubsynergy.com.au](http://www.clubsynergy.com.au)**