



November 2017

www.shapehealthandfitness.com.au

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Group PT 6:30pm	3 RUN 6am SRS CLASS 9:30am	4 HITT Class 8:15am
5	6 SRS CLASS 9:30 am	7 CLOSED FOR MELB CUP DAY	8 SRS CLASS 10 am Men's only group PT 7:30pm	9 Group PT 6:30pm	10 RUN 6am SRS CLASS 9:30am	11 HITT Class 8:15am
12	13 SRS CLASS 9:30 am	14 7pm Boxing Vinyasa Yoga 7:45pm	15 SRS CLASS 10 am Men's only group PT 7:30pm	16 Group PT 6:30pm	17 RUN 6am SRS CLASS 9:30am	18 HITT Class 8:15am
19	20 SRS CLASS 9:30 am	21 7pm Boxing Vinyasa Yoga 7:45pm	22 SRS CLASS 10 am Men's only group PT 7:30pm	23 Group PT 6:30pm	24 RUN 6am SRS CLASS 9:30am	25 HITT Class 8:15am
26	27 SRS CLASS 9:30 am	28 7pm Boxing Vinyasa Yoga 7:45pm	29 SRS CLASS 10 am Men's only group PT 7:30pm	30 Group PT 6:30pm		

Red = Women's only, Blue = both men and women, Green = Men's only