

# ALL STAR FITNESS WA TIMETABLE

| TIME    | MONDAY             | TUESDAY        | WEDNESDAY          | THURSDAY       | FRIDAY             | SATURDAY  |
|---------|--------------------|----------------|--------------------|----------------|--------------------|-----------|
| 5:30 AM | Boot Camp          | Super Circuits | Boot Camp          | Super Circuits | Boot Camp          |           |
| 6:00 AM |                    |                |                    |                |                    |           |
| 6:30 AM | Boot Camp          | Total Boxing   | Boot Camp          | Total Boxing   | Boot Camp          |           |
| 8:00 AM |                    |                |                    |                |                    | Boot Camp |
| 9:00 AM | Live Well Circuits |                | Live Well Circuits |                | Live Well Circuits |           |
| 5:00 PM | Boot Camp          | Super Circuits | Boot Camp          | Total Boxing   | Boot Camp          |           |
| 6:00 PM | Boot Camp          | Total Boxing   | Boot Camp          | Super Circuits |                    |           |

## KARDINYA BOOT CAMPS

Located at Morris Buzacott Reserve • Corner Williamson Rd & Meadown Close

## APPLECROSS LIVE WELL CIRCUITS

Located at Jeff Joseph Reserve • Corner of Ardross St & The Strand

## MT PLEASANT (WOMEN ONLY) LIVE WELL CIRCUITS

Located at Deep Water Point • Left of the Cafe on 'The Esplanade'

## BIBRA LAKE TOTAL BOXING CLASSES & SUPER CIRCUITS

Located at Meller Park • Opposite to Blue Gum Montessori School