

ALL STAR FITNESS WA TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	Boot Camp		Work-It Circuit		Boot Camp	
6:30 AM	Boot Camp		Work-It Circuit		Boot Camp	
8:00 AM						Work-It Circuit
9:00 AM	Live Well Circuit				Live Well Circuit	
5:00 PM	Boot Camp	Work-It Circuit	Work-It Circuit			
6:00 PM		Total Boxing		Work-It Circuit		

KARDINYA
Morris Buzacott Reserve
 Corner of Williamson Rd & Meadow Close

BIBRA LAKE
Meller Park
 Opposite Blue Gum - Montessori School

APPLECROSS (WOMEN ONLY)
Jeff Joseph Reserve
 Corner of Ardross St & The Strand

CHECK OUT OUR WORKOUTS ON THE [ALL STAR FITNESS WA FACEBOOK PAGE](#) & 'LIKE' US WHILE YOU'RE THERE!