



Autumn Casual Classes

	Monday 8th April	Tuesday 9th April	Wednesday 10th April	Thursday 11th April	Friday 12th April
Alstonville 5:45am 5:00pm	Weight with Mates <i>Geoff Watt Oval</i>	Tabata (AM Only) <i>Wollongbar Skate Park</i>		Boxing <i>Geoff Watt Oval</i>	
Ballina 5:45am 6:45am	HIIT <i>Lighthouse Beach Under Capiche</i>	Boxing <i>Lighthouse Beach</i>		Circuit <i>Ballina Skate Park</i>	
Lennox 5:00pm	HIIT <i>Lennox Surf club</i>	Boxing <i>Front of Quattro</i>		Circuit <i>Lennox Surf Club</i>	
Mums & Bubs (Lennox & Ballina) 9:00am		Tabata Tuesday <i>Lake Ainsworth</i>		Weights with Mates <i>Ballina Skate Park</i>	
Evans Head 5:45am 9:00am		Circuit <i>Evans Skate Park</i>			Weights with Mates <i>Evans Skate Park</i>

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Autumn Casual Classes

	Monday 15th April	Tuesday 16th April	Wednesday 17th April	Thursday 18th April	Friday 19th April
Alstonville 5:45am 5:00pm		Abs, Butts & Thighs <i>Wollongbar sports fields (Elvery Lane)</i>		WOD <i>Wollongbar Skate Park</i>	HIIT AM Class Only Geoff Watt Oval
Ballina 5:45am 6:45am		HIIT <i>Lighthouse Beach Under Capiche</i>		Abs, Butts & Thighs <i>Lighthouse Beach Under Capiche</i>	
Lennox 5:00pm		HIIT <i>Skennars Head Soccer Club</i>		Abs, Butts & Thighs <i>Lennox Surf Club</i>	
Mums & Bubs (Lennox & Ballina) 9:00am		Abs, Butts & Thighs <i>Ballina Skate Park</i>		WOD <i>Ballina Skate Park</i>	
Evans Head 5:45am 9:00am	Abs, Butts & Thighs <i>Evans Skate Park</i>			Strength Vs Cardio <i>Evans Boat Ramp</i>	You GO I GO (YGIG) <i>Evans Boat Ramp</i>

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