bodytek FITNESS CO.

Small Group & Personal Training Centre

Opening Hours

Monday:	6am to 10:30am - Close - 3pm to 8:00pm
Tuesday:	6am to 10:30am - Close - 3pm to 8:00pm
Wednesday:	6am to 10:30am - Close - 4pm to 7:00pm
Thursday:	6am to 10:30am - Close - 3pm to 8:00pm
Friday:	6am to 10:30am
Saturday:	8am to 11am
Sunday:	Closed

Session Timetable
(45 Minutes Per Session)

Date Of Commencement:
7/12/2020

Bodytek Boutique Health & Fitness Club
151a Anderson Rd
Sunshine, VIC 3020
P: (03) 9311 8271

www.bodytekfitness.com.au

TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00am	Cardio Box	Free Gym Use - Ground Floor	Small Group Training	Free Gym Use - Ground Floor	Small Group Training	
07:00am	Small Group Training	Free Gym Use - Ground Floor	Cardio Box	Free Gym Use - Ground Floor	Small Group Training	
08:30am	Small Group Training	Small Group Training	Cardio Box	Small Group Training	Small Group Training	Cardio Box
09:30am	Small Group Training	Small Group Training	Cardio Box	Small Group Training	Small Group Training	Small Group Training
10:30am	Bodytek Closed 10:30am to 3pm	Bodytek Closed 10:30am to 3pm	Bodytek Closed 10:30am to 5pm	Bodytek Closed 10:30am to 3pm	Bodytek Closes at 10:30am	Bodytek Closes at 11:00am
03:00pm	Hardcore Weights	Hardcore Cardio Box		Hardcore Weights		
04:00pm	Small Group Training	Small Group Training	Small Group Training	Small Group Training		
05:00pm	Small Group Training	Small Group Training	Small Group Training	Small Group Training		
06:00pm	Cardio Box	Small Group Training	Small Group Training	Small Group Training		
06:45pm	ZUMBA					
07:00pm	Small Group Training	Small Group Training		Small Group Training		

NOTICE

A towel (Bath Towel Size), drink bottle and appropriate footwear are an essential requirement to participate in ALL fitness sessions and facility use. "No Towel, No Train" Policy Applies.
Please arrive on time for your session. For safety reasons late participation will not be permitted after the session warm up has finished.
COVID-19 Guidelines - Social distancing of 1.5mtrs must be maintained throughout your training session. You must wipe down the equipment that your haveused with the supplied cleaning products after use ready for the next person. Children under 16 years of age are not permitted on the training floor under any circumstance unless they are a Bodytek member.