

Personal Defence Studios Pty Ltd

Head Office & Centre - The PIT

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COMBAT FITNESS SERIES

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10.00AM		FLEXICORE - Flexibility, supple functional fitness Easy going, modified			 Fitness Australia <small>THE HEALTH & FITNESS INDUSTRY ASSOCIATION</small> <div>Other Programs offered @ The PIT Check for Course Dates <i>Ladies Street Smarts</i> Stepping On Falls Prevention Program Health & Active for Life Program</div> <div>CORPORATE OFF SITE PROGRAMS</div>	<div>We also have Personal Training in</div> <ul style="list-style-type: none"> * Self Defence * Boxing * Kickboxing * Weight Loss * Fitness Training * Cross Training * All of our Martial Arts * Ladies only Street smart Sessions * 50+ Members have access to COTA - 'Living Longer Living Stronger' <div>Company, Group or Individual sessions by Appointment</div>
9:30 - 10.30AM	50+ CASUAL GYM , FTINESS & BALANCE <div>This time slot is - Casual Work at your own pace</div>		LADIES THAI BOXING & GYM FITNESS 50+ COTA— 'Living Longer Living Stronger'	SCHOOL TERMS ONLY		
10:30 - 11:30AM	TAI CHI, SWORD QIGONG, MEDITATION	50+ COTA— 'Living Longer Living Stronger' 10:00 - 11:00am	50+ GROUP FITNESS GYM, BALANCE, CARDIO & LAUGHTER			
EVENINGS						
5:30 - 6:00PM		COVID-Safe Gym		Member's Bonus Classes		
5:30 - 7:00PM	50+ COTA— 'Living Longer Living Stronger'					
7:00 - 8:00PM	BOXING - SKILLS & FITNESS	K/Box MMA SPARRING SESSION (1 & 3 Tues)	BOXING - SKILLS & FITNESS			
7:00 - 8:00PM		Member's Bonus Classes	LADIES THAI BOXING & GYM FITNESS			
7:30 - 8:30PM	KICKBOXING - THAI & FITNESS		KICKBOXING - THAI & FITNESS			

Personal Training, Private Coaching always available. Lets meet your Goals and Dreams