



**SYNERGY**  
SELF DEFENCE AND FITNESS

# CLASS TIMETABLE

Ph: 0402 221 015 [www.synergyselfdefence.com.au](http://www.synergyselfdefence.com.au)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00 - 6.45am StrengthFIT Classic		6.00 - 7.00am Enduro		6.00 - 6.45am StrengthFIT Classic	
9.30 - 10.15am ChickFIT <small>(free childminding available)</small>		9.30 - 10.15am ChickFIT <small>(free childminding available)</small>		9.30 - 10.30am Combat Chicks <small>(free childminding available)</small>	8.40am - 10.00am Super Saturday Enduro
4.00 - 4.30pm Tiny Tigers (3-6yrs)	4.00 - 4.30pm Tiny Tigers (3-6yrs)		4.00 - 4.30pm Tiny Tigers (3-6yrs)		
4.30 - 5.15pm Tigers (7-10yrs)	4.30 - 5.15pm Tigers (7-10yrs)		4.30 - 5.15pm Tigers (7-10yrs)		
	4.45 - 5.30pm Black Tigers (11-14yrs)		4.45 - 5.30pm Black Tigers (11-14yrs)		
5.30 - 6.15pm StrengthFIT Classic	5.30 - 6.15pm StrengthFIT Classic	5.30 - 6.30pm Enduro	5.30 - 6.15pm StrengthFIT Classic		
6.30 - 7.15pm StrengthFIT Classic	7.00 - 8.00pm Synergy Martial Arts		7.00 - 8.00pm Synergy Martial Arts		

Beginners welcome in any class!