

MOMENTUM FITNESS

MFW

WARRNAMBOOL

MFW CLASS TIMETABLE

		MON	TUES	WED	THUR	FRI	SAT
AM	5.30	45min Circuit	45min MetaPWR	45min Circuit	45min MetaPWR	45min HIIT Boxing	
	6.30		45min MetaPWR		45min MetaPWR		
	8.00						45min MetaPWR
PM	5.30	45min Circuit	45min MetaPWR	45min Circuit	45min MetaPWR		
	6.30		45min MetaPWR		45min MetaPWR		