



Track every workout
with ...



Staff Hours
Monday to Thur. 7.00am - 7.00pm
Friday 7.00am - 6.00pm
Saturday 7.30am - 11.30am
Sunday 8.00am - 10.30am
CASUALS WELCOME DURING STAFF TIMES

Child Minding Hours
MONDAY TO SATURDAY 8:50am to 11:20am
MONDAY TO THURSDAY 4pm to 6:20pm
MEMBERS CHILDREN ONLY!
YOUR CHILD'S STAY IS LIMITED TO ONE HOUR ONLY
**YOU MUST BOOK YOUR CHILD IN
ON THE DAY FOR EACH SESSION
VIA OUR FACEBOOK PAGE**

LOCAL SINCE 1984

JAN - MAR TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.45AM	45	45	45	45	45		
7.00AM	30	30	30	30	30	45	
7.45AM	30	30	30	30	30	75	
8.30AM	30	30	30	30	30		30
9.00AM	30		45		30		
9.15AM	45	60	45	60	60	60	60
10.15AM	60	60	60	60	60	60	
4.00PM	30	30	30	30	30		
4.30PM	30	45	30	45	45		
5.30PM	60	60	60	60	30		
6.30PM	30	60					



- Group Fitness room capped at 35. First in best dressed. No bookings required.
- All RPM Classes are CAPPED AT 14. First in best dressed. No need to book.
- Please arrive early for classes to avoid disrupting a class in progress (Bodypump 10min early for set up).
- Classes cater for all levels of fitness, beginners to advanced.
- Les Mills Virtual workouts are audio-visual versions of the live Les Mills group fitness classes, played on a big screen through a pumping sound system with a range of strength training, flexibility and cardio workouts.

Timetable is subject to change.

"Live" with Instructor
 Virtual Class

4939 3898
www.yhfc.com.au
yhfc@bigpond.com