SEPTEMBER 2008

CIRCUIT TIMETABLE

Please contact Moama Sports Club reception on 5480 6444 for circuit bookings.
Hours Monday-Thursday 6am - 8pm, Friday 6am - 7pm, Saturday and Sunday 9am - 2pm.

	M	T	W	T	F	S	S
AM 6.15	30/ 30	Box Circuit		30/ 30	30/ 30		
AM 7.30							
AM 8.00						30/ 30	
AM 9.30	W/O Body Shaper	30/ 30	W/O Body Shaper	Box Circuit	W/O Body Shaper		
AM 10.45							
AM 11.30							
PM 12.30		30min Cycle Exp		30min Cycle Exp			
PM 1.30							
PM 2.30							
PM 3.45							
PM 4.30							
PM 5.30							
PM 6.00	Spin	Box Circuit	30/ 30	Box Circuit			