



# URT - Ultimate Results Training

## Group Training Timetable

1/11-19 Aitken Street Aitkenvale, Townsville QLD 4814

Contact us: Phone: 0498 692 676 or Email: info@ultimateresults-training.com.au

Operating Hours: Mon - Fri 5.00am to 7.30pm Saturday - 6.30am to 9.30am Sunday - Closed

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30am</b>	RESULTS CAMP Hannah	BEGINNERS CAMP Pauly	RESULTS CAMP Hannah	BEGINNERS CAMP Pauly		
<b>5.15am</b>					RESULTS/BEGINNERS CAMP Alternating Yoga / Bootcamp	
<b>6:00am</b>					RESULTS/BEGINNERS CAMP Alternating Yoga / Bootcamp	
<b>7:00am</b> ***						PILATES/STRETCH/CIRCUIT/ GLUTES AND ABS - Mara
<b>7:45am</b> ***						RESULTS/BEGINNERS CAMP Alternating
<b>8.45am</b> ***						RESULTS/BEGINNERS CAMP Alternating
<b>9.00am</b> ***					RESULTS/BEGINNERS CAMP Catherine	
<b>9:30am</b> ***	BEGINNER GROUP TRAINING Hannah	RESULTS CAMP Catherine	BEGINNER GROUP TRAINING Pauly	RESULTS CAMP Catherine		
<b>4.30pm</b> ***		BEGINNER GROUP TRAINING Hannah		BEGINNER GROUP TRAINING Hannah	BEGINNER GROUP TRAINING Alternating	
<b>5:00pm</b> ***	PILATES Mara					
<b>5:30PM</b> ***	RESULTS CAMP Kurt	BEGINNERS/RESULTS Hannah	RESULTS CAMP Kurt	BEGINNERS/RESULTS Hannah	BEGINNERS/RESULTS Alternating	