

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FUNKY FRIDAY!!	SUPER SATURDAY
5.30	<b>STRONG</b> 5.30-6.15	<b>MOVE</b> 5.30-6.15	<b>MOVE</b> 5.30-6.15	<b>STRONG</b> 5.30-6.15	<b>BOX FIT</b> 5.30-6.15	
5.45						
6.00						
6.15						
6.30						
6.45						
7.00	<b>STRONG</b> 7.00-7.45	<b>MOVE</b> 7.00-7.45	<b>MOVE</b> 7.00-7.45		<b>BOX FIT</b> 7.00-7.45	<b>SUPER SATURDAY</b> 7.00-8.00
7.15						
7.30						
7.45						
8.00						
9.00						
9.30	<b>CRÈCHE*</b>	<b>CRÈCHE*</b>	<b>CRÈCHE*</b>	<b>CRÈCHE*</b>	<b>CRÈCHE*</b>	<b>SUPER SATURDAY</b> 9.00-10.00
9.30						
9.45						
10.00						
10.15						
10.30	<b>MIND / SOCIAL</b> 10.30-11.00		<b>MIND / SOCIAL</b> 10.30-11.00			
10.45						
11.00						
12.30	<b>STRONG</b> 12.30-1.15	<b>MOVE</b> 12.30-1.15	<b>MOVE</b> 12.30-1.15	<b>STRONG</b> 12.30-1.15	<b>BOX FIT</b> 12.30-1.15	
12.45						
1.00						
1.15						
4.00						
4.15						
4.30				<b>TEEN TRIBE</b> 4.00-5.00		
4.45						
5.00						
5.15	<b>STRONG**</b> 5.15-6.00		<b>MOVE**</b> 5.15-6.00			
5.30						
5.45		<b>MOVE</b> 5.30-6.30		<b>STRONG</b> 5.30-6.30	<b>FRIDAY NIGHT LIVE</b> 5.30-6.30	
6.00	<b>STRONG**</b> 6.00-6.45		<b>MOVE**</b> 6.00-6.45			
6.15						
6.30						
6.45						

**CLASSES:**

**MOVE**  
A group fitness session designed around high intensity training utilising equipment, torsion bars, cardio, body weight workouts, boxing, team challenges and lots more!

**STRONG**  
A group session to teach you the fundamentals to create a strong body. Includes techniques for lifting and accessory movements. A fun, empowering session!

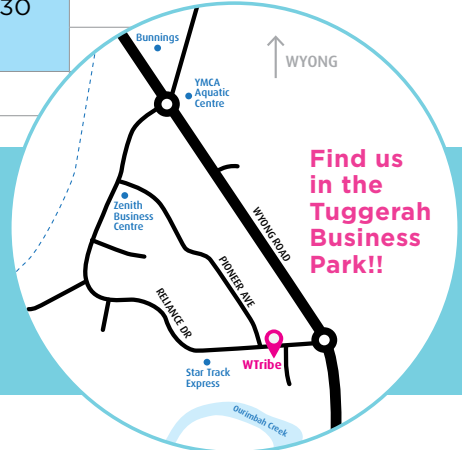
**BOX FIT**  
A full body exercise class incorporating boxing. Suitable to all fitness levels.

**MIND/SOCIAL**  
An opportunity to get together with your tribe and get to know each other while also discussing some key mindfulness topics.

**TEEN TRIBE**  
A fusion of fun, fitness and friendship for our young women aged 12-16 where we also teach self esteem and mindfulness. (registration required). *Runs in conjunction with the school term.*

**SUPER SATURDAY**  
Always a fun session with all the tribes coming together for lots of laughs and a mixture of training styles. We sometimes take these classes outside or on excursions to local parks or beaches.

*It's like a surprise party every Friday night! Turn up and be sure to be get a good sweat session in!*



For more information

- [wtribe.com.au](http://wtribe.com.au)
- 2/5 Bounty Close, Tuggerah Business Park
- [wloveourmembers@wtribe.com.au](mailto:wloveourmembers@wtribe.com.au)
- [facebook.com/WTribe](https://facebook.com/WTribe)
- [instagram/wtribe\\_womensmovement](https://instagram/wtribe_womensmovement) & [sarah\\_wtribe](https://instagram/sarah_wtribe)

\*Crèche (free for members) will operate Monday to Friday but the WTribe Centre is always kid friendly.  
\*\*Feel free to turn up to either or both evening classes as the workouts will be different.