



PENRITH FIT 4 KIDZ CLASSES

*Family Membership Included
Active Kids Voucher \$50 – 5 weeks
Casual - \$15 per class
Fitness Passport Included*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
FIT 4 KIDZ PRIMARY SCHOOL AGED 5PM-5.45PM	FIT 4 KIDZ PRIMARY SCHOOL AGED 5PM-5.45PM	KIDZ BOXING PRIMARY SCHOOL AGED 5PM-5.45PM	FIT 4 KIDZ PRIMARY SCHOOL AGED 5PM-5.45PM	
			ATHLETIC DEVELOPMENT 6PM-7PM	

NOTE: TIMETABLE SUBJECT TO CHANGE AT ANYTIME/ NO CLASSES DURING SCHOOL HOLIDAYS. BOOKING REQUIRED AT www.fit4all.com.au

****PARENTS MUST REMAIN ONSITE AT ALL TIMES****

FIT4KIDZ 45min (PARTICIPANTS MUST BE PRIMARY SCHOOL AGED) – A program for children aged in Primary School. All programs are designed on fundamental movement skills with the aim to improve your child’s physical functions and skill sets within different parts of their bodies.

KIDZ BOXING 45min (PARTICIPANTS MUST BE PRIMARY SCHOOL AGED) – Teaching kids to learn self-defense, confidence and get fit at the same time.

ATHLETIC DEVELOPMENT 1HR (PARTICIPANTS MUST BE 13YR +) – Strength and Conditioning training for teenagers.