

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM					
6:00–6:50 PRIVATE TRAINING Group Session	6:00–6:50 PRO MOVEMENT Cardio & Agility	6:00–6:50 PRIVATE TRAINING Group Session	6:00–6:50 PRO MOVEMENT Strength & Mobility	6:00–6:50 PRIVATE TRAINING Group Session	6:00–6:50 PRO MOVEMENT Strength & Mobility
7:00–7:50 PRO MOVEMENT Strength & Mobility	7:00–7:50 PRIVATE TRAINING Group Session	7:00–7:50 PRO MOVEMENT Cardio & Agility	7:00–7:50 PRIVATE TRAINING Group Session	7:00–7:50 PRO MOVEMENT Strength & Mobility	
9:30–10:20 PRO MOVEMENT Cardio & Agility	9:30–10:20 PRIVATE TRAINING Group Session	9:30–10:20 PRO MOVEMENT Strength & Mobility	9:30–10:20 STRETCH THERAPY Flexibility	9:30–10:20 PRO MOVEMENT Cardio & Agility	
PM					
	3:00–3:50 PRO MOVEMENT Strength & Mobility				
4:00–5:00 JIU-JITSU Little Kids	4:00–5:00 JIU-JITSU All Kids	4:00–5:00 JIU-JITSU Little Kids	4:00–5:00 JIU-JITSU All Kids	4:00–5:00 JIU-JITSU Little Kids	
5:00–6:00 JIU-JITSU Big Kids	5:00–6:00 JIU-JITSU Teens	5:00–6:00 JIU-JITSU Big Kids	5:00–6:00 JIU-JITSU Teens	5:00–6:00 JIU-JITSU Big Kids	
6:00–7:00 JIU-JITSU Adult Beginners	6:00–7:00 JIU-JITSU Adult Beginners	6:00–7:00 JIU-JITSU Adult Beginners	6:00–7:00 JIU-JITSU Women's Only	6:00–7:00 JIU-JITSU Adult Beginners	
7:00–8:00 JIU-JITSU All Levels	7:00–8:00 JIU-JITSU All Levels	7:00–8:00 JIU-JITSU All Levels	7:00–8:00 JIU-JITSU All Levels	7:00–8:00 JIU-JITSU Open Mat	

CARDIO & AGILITY • STRENGTH & MOBILITY • STRETCH THERAPY • PERSONAL • JIU JITSU

BOOKINGS

To reserve your spot of participation, please set up an account and book online via our website, Instagram or Facebook page. Find the links below.

BOOKING LINK

promovement.com.au/book-classes

ADDRESS

4 Project Avenue, Noosaville
(behind Thomas Surfboards)

BYO: Drink bottle, towel, exercise mat

PERSONAL TRAINING

Surfing lessons & personal training
also available, please contact for
more information.

CONTACT

info@promovement.com.au
www.promovement.com.au

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