

SH1FT

SMART HIGH INTENSITY FUNCTIONAL TRAINING



Looking for a way to entertain the kids during these school holidays? Then look no further than SH1FT KIDS! Children will love this fun 27 minute workout. And even better, they will burn off all that excess energy!

Class times:

Monday 1st October 4:30pm

Wednesday 3rd October 10:25am

Monday 8th October 4:30pm

Wednesday 10th October 10:25am

**Where: 11-13 Macfie Street,
Xcel Fitness Devonport**

PARENTS WELCOME!!

AGES 5+

COST \$5

