

5/399 McClelland Drive
Langwarrin
Phone:9798 1182



Prime Health Solutions Gym Timetable

MAXIMISE YOUR POTENTIAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	7:00AM
7:00AM	7:00AM	7:00AM	7:00AM	7:00AM	
8:15AM	8:15AM	8:15AM	8:15AM	8:15AM	MIXED 7:30AM
9:30AM	9:15AM	9:15AM	9:15AM	9:15AM	MIXED 9:00AM
	11:00AM				
		4:30PM		4:30PM	
5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	
6:30PM	6:30PM	MIXED 6:30PM	6:30PM		
7:30PM					

Find the Perfect Class

- PRIME CAMP bootcamp
- RUNNING STRENGTH strength training
- PRIME LITE moderate intensity workout
- YOGA LATES combination of yoga and pilaties
- RUN 4 FUN all fitness levels
- PRIME MATES mens only training
- BOXING BLAST boxing
- PRIME CONDITION strength training
- PRIME EXPRESS 30min express class
- PRIME KIDS just for kids
- HEART 2 HEART high intensity fun
- PRIME STABILITY core & flexibility
- PRIME MOVER HIIT class