



IGNITE
PHYSICAL PERFORMANCE

FUNCTIONAL FITNESS

WHAT

"DYNAMIC FUNCTIONAL FITNESS SESSIONS FOR ALL AGES!"

BUILD STRENGTH, BALANCE, AND MOBILITY SAFELY FOR LASTING PROGRESS AND INJURY PREVENTION.

BROOKFIELD TENNIS CENTRE
512 BROOKFIELD RD, BROOKFIELD QLD 4069

WHERE

JUNIOR CLASSES

MON + WED

YOUTH CLASSES

FRI

ADULT CLASSES

FRI

WHEN

- 3:30 - 4:15PM
(KIDS 8-12 YRS)
- 4:15 - 5:00PM
(KIDS 12+ YRS)

- 7:30 - 8:15AM
(KIDS 8-16 YRS)

- 6:00 - 7:00AM

CONTACT US

IGNITE PHYSICAL PERFORMANCE

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