

South Maroubra SLSC Functional Fun Fitness 4 Forties Plus (FFF4F+)

SEASON 2023 - 2024

August 2023 to April 2024



August 2023 - 9 sessions \$90

Wednesday 2 August 2023
Monday 7 August 2023
Wednesday 9 August 2023
Monday 14 August 2023
Wednesday 16 August 2023
Monday 21 August 2023
Wednesday 23 August 2023
Monday 28 August 2023
Wednesday 30 August 2023

September 2023 - 8 sessions \$80

Monday 4 September 2023
Wednesday 6 September 2023
Monday 11 September 2023
Wednesday 13 September 2023
Monday 18 September 2023
Wednesday 20 September 2023
Monday 25 September 2023
Wednesday 27 September 2023

October 2023 - 8 sessions \$80

PUBLIC HOLIDAY Monday 2 October - NO SESSION

Wednesday 4 October 2023
Monday 9 October 2023
Wednesday 11 October 2023
Monday 16 October 2023
Wednesday 18 October 2023
Monday 23 October 2023
Wednesday 25 October 2023
Monday 30 October 2023

November 2023 - 9 sessions \$90

Wednesday 1 November 2023
Monday 6 November 2023
Wednesday 8 November 2023
Monday 13 November 2023
Wednesday 15 November 2023
Monday 20 November 2023
Wednesday 22 November 2023
Monday 27 November 2023
Wednesday 29 November 2023

December 2023 - 4 sessions \$40

Monday 4 December 2023
Wednesday 6 December 2023
Monday 11 December 2023
Wednesday 13 December 2023

MERRY CHRISTMAS FFF4F+ SEE YOU IN JANUARY!

January 2024 - 6 sessions \$60

Monday 15 January 2024
Wednesday 17 January 2024
Monday 22 January 2024
Wednesday 24 January 2024
Monday 29 January 2024
Wednesday 31 January 2024

February 2024 - 8 sessions \$80

Monday 5 February 2024
Wednesday 7 February 2024
Monday 12 February 2024
Wednesday 14 February 2024
Monday 19 February 2024
Wednesday 21 February 2024
Monday 26 February 2024
Wednesday 28 February 2024

March 2024 - 8 sessions \$80

Monday 4 March 2024
Wednesday 6 March 2024
Monday 11 March 2024
Wednesday 13 March 2024
Monday 18 March 2024
Wednesday 20 March 2024
Monday 25 March 2024
Wednesday 27 March 2024

April 2024 - 7 sessions \$70

PUBLIC HOLIDAY Monday 1 April - NO SESSION

Wednesday 3 April 2024
Monday 8 April 2024
Wednesday 10 April 2024
Monday 15 April 2024
Wednesday 17 April 2024
Monday 22 April 2024
Wednesday 24 April 2024

[Link to sign up](#)

REGISTRATION LINK



Our People Our Club - STRENGTH



a welcoming environment for mature age members and one that supports mental and physical health