

Group Fitness Timetable

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
5:30am – 8am Open Gym (Strength) Daniel	6am – 6:45am HIIT Bernadette	6am – 6:45am Bootcamp Dawson	6am – 6:45am Run Group Wayne	5:30am – 8am Open Gym (Strength) Daniel	6am – 6:45am Bootcamp Daniel	7:30am Run Group	
	7am – 7:45am HIIT Bernadette	7am – 7:45am Bootcamp Dawson			7am – 7:45am Bootcamp Daniel	7:30am – 8:15am Strength or Boxing Daniel	
After Hours Access 8am – 9:30am	After Hours Access 8am – 9:30am	After Hours Access 8am – 9:30am		After Hours Access 8am – 9:30am	After Hours Access 8am – 9:30am	8:30am – 9:15am Strength or Boxing Daniel	9am – 9:45am Rest & Restore (Yoga) Katie
9:30am – 10:15am Strength Niccy	9:30am – 10:15am HIIT Bernadette	9:30am – 10:15am Your Choice Dawson		9:30am – 10:15am Strength or Boxing Daniel	9:30am – 10:15am Bootcamp Daniel	7:30am-9:30am Basketball Recovery	**First Sunday of every month
After Hours Access 10:30am – 3pm	10:30am – 11:15am 60+ Class Bernadette	After Hours Access 10:30am – 4:30pm		After Hours Access 10:30am – 3pm			
	After Hours Access 11:30am – 4pm	4:30pm – 5:15pm Junior Sports Strength Konrad			After Hours Access 10:30am – 8pm	After Hours Access 9:30am – 6pm	After Hours Access 10am – 6pm
3:30pm – 7pm Open Gym (Strength) Daniel	4:15pm – 5pm Teens Bootcamp Bernadette	5.30pm – 6:15pm Bootcamp Daniel or Dawson		3pm – 6:30pm Open Gym (Strength) Daniel			
	5pm – 5:45pm HIIT Bernadette	6:30pm – 7:15pm Bootcamp Daniel or Dawson					
6:45pm – 7:30pm Yoga Katie		7:30pm – 7:50pm Breathwork via Zoom Zoe		5:45pm – 6:30pm Black Label Liang			