

# Group Fitness Timetable

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
<b>5:30am – 8am</b> Open Gym Daniel	<b>6am – 6:45am</b> HIIT Bernadette	<b>6am – 6:45am</b> Bootcamp Dawson	<b>6am – 6:45am</b> Run Group Wayne	<b>5:30am – 8am</b> Open Gym Daniel  (Boxing 6am & 7am)	<b>6am – 6:45am</b> Bootcamp Daniel	<b>7am – 7:30am</b> Run Group Tiff	
	<b>7am – 7:45am</b> HIIT Bernadette	<b>7am – 7:45am</b> Bootcamp Dawson			<b>7am – 7:45am</b> Bootcamp Daniel	<b>7:30am – 8:15am</b> Boxing or Strength Daniel	
						<b>8:30am – 9:15am</b> Boxing or Strength Daniel	<b>9am – 9:45am</b> Rest & Restore (Yoga) Katie
<b>9:30am – 10:15am</b> Strength Abbey	<b>9:30am – 10:15am</b> HIIT Bernadette	<b>9:30am – 10:15am</b> Your Choice Dawson		<b>9:30am – 10:15am</b> Boxing or Strength Daniel	<b>9:30am – 10:15am</b> Bootcamp Daniel		<b>**First Sunday of every month</b>
<b>After Hours Access</b> 10:30am – 3pm	<b>10:30am – 11:15am</b> 60+ Class Bernadette	<b>After Hours Access</b> 10:30am – 5pm		<b>After Hours Access</b> 10:30am – 2pm	<b>After Hours Access</b> 10:30am – 8pm	<b>After Hours Access</b> 10am – 4pm	<b>After Hours Access</b> 10am – 4pm
<b>3:30pm – 7pm</b> Open Gym Dominique/Daniel	<b>After Hours Access</b> 11:30am – 4pm			<b>2pm – 6:30pm</b> Open Gym Daniel  Stretch & Foam Roller Class – 5:15pm			
	<b>4:15pm – 5pm</b> Teens - Bootcamp Bernadette						
	<b>5pm – 5:45pm</b> HIIT Bernadette	<b>5.30pm – 6:15pm</b> Bootcamp Daniel					
<b>6:45pm – 7:30pm</b> Yoga Katie		<b>6:30pm – 7:15pm</b> Bootcamp Daniel					