

# Group Fitness Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am – 6:45am Strength Daniel	6am – 6:45am HIIT Gemma	6am – 6:45am Bootcamp Josh	6am – 6:45am Run Group Wayne	6am – 6:45am Boxing or Strength Daniel	6am – 6:45am Bootcamp Daniel	
7am – 7:45am Strength Daniel	7am – 7:45am HIIT Gemma	7am – 7:45am Bootcamp Josh		7am – 7:45am Boxing or Strength Daniel	7am – 7:45am Bootcamp Daniel	7:30am – 8:15am Boxing or Strength Daniel
					8:30am – 9:15am Boxing or Strength Daniel	9am – 9:45am Rest & Restore (Yoga) Katie
9:30am – 10:15am Strength Gemma	9:30am – 10:15am HIIT Gemma	9:30am – 10:15am Bootcamp Dominique	9:30am – 10:15am Boxing or Strength Dominique	9:30am – 10:15am Bootcamp Dominique		**First Sunday of every month
			1pm – 1:30pm Express Circuit Dominique			
3:30pm – 6:45pm Open Gym Daniel			2pm – 6:30pm Open Gym Dominique/Daniel			
3:30pm – 6:45pm Academy - Strength Daniel	4:15pm – 5pm Academy - Bootcamp Dominique	4:15pm – 5pm Academy - Running Wayne	2pm – 6:30pm Academy - Strength Dominique /Daniel			
3:30pm – 6:45pm Open Gym Daniel	5pm – 5:45pm HIIT Dominique	5.30pm – 6:15pm Bootcamp Daniel	2pm – 6:30pm Open Gym Dominique /Daniel			
6:45pm – 7:30pm Yoga Katie	6:30pm – 7:30pm Core & Stretch Nick	6:30pm – 7:15pm Bootcamp Daniel				