

Group Fitness Timetable

Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
6am – 6:45am Strength Daniel	6am – 6:45am HIIT Gemma	6am – 6:45am Bootcamp Dawson	6am – 6:45am Run Group Wayne/Sean	5:40am – 8am Open Gym Daniel (Boxing 6am & 7am)	6am – 6:45am Bootcamp Daniel		
7am – 7:45am Strength Daniel	7am – 7:45am HIIT Gemma	7am – 7:45am Bootcamp Dawson			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 Daniel	9:30am – 10:15am HIIT Gemma	9:30am – 10:15am Bootcamp Dawson	9:30am – 10:15am Boxing or Strength Daniel	9:30am – 10:15am Boxing or Strength Daniel	9:30am – 10:15am Bootcamp Daniel		**First Sunday of every month
After Hours Access 10:30am – 3pm	After Hours Access 10:30am – 4pm	After Hours Access 10:30am – 5pm	After Hours Access 10:30am – 2pm	After Hours Access 10:30am – 8pm	After Hours Access 10am – 4pm	After Hours Access 10am – 4pm	After Hours Access 10am – 4pm
3:30pm – 7pm Open Gym Dominique/Daniel			2pm – 6:30pm Open Gym Daniel				
3:30pm – 7pm Academy - Strength Daniel	4:15pm – 5pm Academy - Bootcamp Bernadette		2pm – 6:30pm Academy - Strength Daniel				
3:30pm – 7pm Open Gym Daniel	5pm – 5:45pm HIIT Bernadette	5:30pm – 6:15pm Bootcamp Daniel	2pm – 6:30pm Open Gym Daniel				
6:45pm – 7:30pm Yoga Katie		6:30pm – 7:15pm Bootcamp Daniel	6:30pm – 7:15pm Dance Fit Casey				