

Group Training Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	5.30am		Run Club (Laurie) #				
	6.30am					6.30am - Outdoor Bootcamp (Jodie) #	
	8.00am					Gym Circuit (Linda / Laurie)	
	9.15am				HIIT Box (Jodie)		
Afternoon	5.00pm		Spin (Linda / Laurie)		Gym Circuit (Laurie / Terri)		
	5.30pm	HIIT Box (Linda / Jodie)		MetaPWR/ WEIGHTS HIIT (Linda / Jodie)			

Notes:

All clients must bring their own mat, towel and water bottle

Classes will only run with a minimum of 4 clients.

* class is alternating weeks

outdoor locations, see booking app