



CLASS TIMETABLE

OPENING HOURS

MON TO FRI 6.00 - 22.00 / SAT & SUN 08.00 -18.00

MONDAY

CLASS TYPE	COACH	
6.15 - 7.15	WOD	JOSH
12.00 - 13.00	WOD	JOSH
17.30 - 18.30	WOD	JOSH
18.45 - 19.45	WOD	JOSH

TUESDAY

CLASS TYPE	COACH	
6.15 - 7.15	BARBELL	JOSH
12.00 - 13.00	BARBELL	JOSH
16.00 - 17.00	JUNIOR WL	MATH
17.30 - 18.30	BARBELL	BECKY
18.45 - 19.45	ENDURANCE WOD	LEWIS

WEDNESDAY

CLASS TYPE	COACH	
6.15 - 7.15	WOD	JOSH
12.00 - 13.00	WOD	JOSH
17.30 - 18.30	WOD	JOSH
18.45 - 19.45	WOD	JOSH

THURSDAY

CLASS TYPE	COACH	
6.15 - 7.15	BARBELL	FFLUR
12.00 - 13.00	BARBELL	BECKY
16.00 - 17.00	JUNIOR WL	MATH
17.30 - 18.30	BARBELL	FFLUR
18.45 - 19.45	ENDURANCE WOD	LEWIS

FRIDAY

CLASS TYPE	COACH	
6.15 - 7.15	WOD	LEWIS
12.00 - 13.00	WOD	BECKY
17.30 - 18.30	WOD	JOSH
18.45 - 19.45	WOD	JOSH

SATURDAY

CLASS TYPE	COACH	
9.00 - 10.00	SKILLS CLASS	JOSH
10.15 - 11.15	WOD	JOSH

SUNDAY

CLASS TYPE	COACH	
9.00 - 10.00	ENDURANCE WOD	EVOLVE TEAM