



## 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 S&C	MATH
17.30 - 18.30	BARBELL	BECKY
19.30 - 20.30	SKILLS CLASS	JOSH

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	JOSH
12.00 - 13.00	BARBELL	BECKY
16.00 - 17.00	JUNIOR OL	MATH
17.30 - 18.30	BARBELL	FFLUR

FRIDAY	CLASS TYPE	COACH
6.15 - 7.15	WOD	JOSH
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
10.00 - 11.00	WOD	JOSH

SUNDAY	CLASS TYPE	COACH
9.00 - 10.00	WOD	FFLUR / DION