

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am – 6:30am Boxing Reece	5:30am – 6:30am Boxing Reece	5:30am – 6:30am Boxing Reece	5:30am – 6:30am Boxing Reece	5:30am – 6:30am Boxing Reece	6:30am – 7:30am Boxing Marco
5:30am – 6:30am WOW Calum	5:30am – 6:00am Fast Five Phoebe	5:30am – 6:30am Industrial Strength Sian	5:30am – 6:00am ABG Phoebe	5:30am – 6:30am Spartan Caitlin	6:30am – 7:30am GZX Joel
9:30am – 10:30am Afterburn Caitlin	9:15am – 9:45am Skillmill Matt	9:30am – 10:30am WOW Calum	9:30am – 10:30am Barbaric Anna-Skye	9:30am – 10:30am Pauly's Power Paul	8:00am – 9:00am WOW Joel
9:15am – 10:15am Boxing Ross	9:30am – 10:30am Spartan Caitlin	9:15am – 10:15am Boxing Caitlin		9:15am – 10:15am Boxing Matt	8:30am – 9:30am Boxing Marco
			5:30pm – 6:15pm Cal's Mobility Calum	10:30am-11:00am B. Bands & Abs Express Anna-Skye	9:15am – 10:15am Yoga Bianca
6:00pm – 7:00pm Barbaric Phoebe	6:00pm – 7:00pm Afterburn Phoebe	6:00pm – 7:00pm Spartan Caitlin	5:30pm – 6:30pm Boxing Marco	6:00pm – 7:00pm Industrial Strength Joel	6:00pm – 7:00pm Barbaric Phoebe
4:00pm – 4:30pm Kids Boxing (7-9yrs) Caitlin & Jazz	4:00pm – 4:45pm Kids Boxing (14-16yrs) Reece	4:00pm – 4:30pm Kids Boxing (7-9yrs) Caitlin & Jazz	4:00pm – 4:45pm Kids Boxing (14-16yrs) Reece	4:00pm – 4:30pm Kids Boxing (7-9yrs) Caitlin & Jazz	
4:45pm – 5:15pm Kids Boxing (10-13yrs) Caitlin & Jazz		4:45pm – 5:15pm Kids Boxing (10-13yrs) Caitlin & Jazz	6:15pm – 6:45pm ABG Phoebe	4:45pm – 5:15pm Kids Boxing (10-13yrs) Caitlin & Jazz	5:30pm – 6:30pm Boxing Reece
5:30pm – 6:30pm Boxing Reece	5:30pm – 6:30pm Boxing Marco	5:30pm – 6:30pm Boxing Marco	6:30pm – 7:30pm Yoga Bianca	5:30pm – 6:30pm Boxing Ross	9:15am-10:00am Sunday Session Jack