

WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM Semi Private Strength	5:00AM Semi Private Strength	5:00AM Semi Private Strength & Conditioning OR Abs	5:00AM Semi Private Strength	5:00AM Semi Private Strength	5:15AM Hyrox/ Conditioning (Competitors)	8:00AM Hyrox/ Conditioning (Open)
6:00AM Semi Private Strength	6:00AM Semi Private Strength	6:00AM Semi Private Strength & Conditioning OR Abs	6:00AM Semi Private Strength	6:00AM Semi Private Strength	7:00AM Hyrox/ Conditioning (Open)	
7:00AM Semi Private Strength		7:00AM Semi Private Strength & Conditioning OR Abs				
5:30PM Semi Private Strength	5:30PM Semi Private Strength	5:30PM Semi Private Strength & Conditioning OR Abs	5:30PM Semi Private Strength			
	6:30PM Hyrox/ Conditioning (Open)	6:45PM Pilates	6:00PM Hyrox/ Conditioning (Open)			PUBLIC HOLIDAY OPEN GYM 8AM-12PM
OPEN GYM 7AM-7PM	OPEN GYM 7AM-6:30PM	OPEN GYM 7AM-6:45PM	OPEN GYM 7AM-6PM	OPEN GYM 7AM-6PM	OPEN GYM 8:30AM-12PM	OPEN GYM 9AM-12PM