

MANNY'S FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Strength & Conditioning	Strength & Conditioning	Cardio Club	Strength & Conditioning	Strength & Conditioning		
6:30am	Strength & Conditioning	Strength & Conditioning	Cardio Club	Strength & Conditioning	Strength & Conditioning	7:30am Power & Play	
8:00am	Strength & Conditioning		Cardio Club	7:45AM Strength & Striking	Strength & Conditioning		
9:00am	Mums & Bubs Strong		Mums & Bubs Strong		Mums & Bubs Strong		
3:30pm	Strength & Conditioning		Cardio Club		4PM Strength & Conditioning		
4:30pm	Strength & Conditioning	Strength & Conditioning	Cardio Club	Strength & Conditioning			HYROX Grit
5:30pm	Strength & Conditioning	Strength & Conditioning	Cardio Club	Strength & Conditioning			