



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	6am-6.50am ENDURANCE		6am-6.50am HIIT CIRCUIT		6am-6.50am STRONG	
OPEN GYM & PT						
Mid Morning	9.30am - 10.20am ENDURANCE	9.30am - 10.15am CARDIO & CORE	9.30am - 10.20am HIIT CIRCUIT	9.30am - 10.20am PUMP STRENGTH	9.30am - 10.20am BURN N TONE	9am-9.50am BOOTCAMP
Athlete Development is by selection only.	4pm HIGH SCHOOL SMALL GROUP PT	3.45pm-5.15pm ADP Athlete Development Program	3.45pm-5.15pm ADP Athlete Development Program	4pm - 4.45pm KIDZ FITNESS		
				4.45pm-5.30pm ADP Athlete Development Program		
Evening	6.45-7.35pm ENDURANCE	6.30pm - 7.20pm STRONG	6.45-7.35pm BURN N TONE	6.30pm-7.20pm 3 BELLS		

● 1/15 Sherbourne Rd (off Williams Rd) , Briar Hill 3088 ● 0411 844 349 ●

Please ensure you bring your own towel and water bottle. NO TOWEL, NO TRAIN!

PT Sessions are available upon request with ALL trainers