



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning</b>						
<b>OPEN GYM &amp; PT</b>						
<b>Mid Morning</b>	9.15am - 10am STRONG -Lower	9.20am - 10.05am STRONG - Upper		9.20am - 10.05am STRENGTH & FITNESS	9.20am - 10.05am BURN N TONE	9am-9.45am <b>BOOTCAMP</b>
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		<b>HYROX</b>
				4.45pm-5.30pm ADP Athlete Development Program		
<b>Evening</b>	6.45-7.35pm STRONG - Lower	6.30pm - 7.20pm STRONG - Upper	6.45-7.30pm HIIT CIRCUIT			

● 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



<b>COVID Outdoor</b>		<b><i>Monday</i></b>	<b><i>Tuesday</i></b>
<b><i>Early Morning</i></b> <b><i>(Malcolm Blair Res)</i></b>	6am - 6.30am Strength & Conditioning	5.30am - 6am MetaPWR	
	6.35am - 7.05am Strength & Conditioning	6.05am - 6.35am MetaPWR	
<b><i>More classes will be</i></b>			
<b><i>Mid Morning</i></b>	9.30am - 10.15am MetaFIT & Core	9.30am - 10.15am Body Weight Burn	

**Mid Morning**

**Studio Park**

**More classes will be**

<b>Evening</b>	6.45pm - 7.30pm Bootcamp	5.30 - 6.15pm Body Weight Burn
	7.35pm - 8.15pm Bootcamp	6.15pm - 7pm Body Weight Burn

● 1/15 Sherbourne

**COVID SAFE**; Please ensure you l

\*Fun Run Sa



<b><i>Wednesday</i></b>	<b><i>Thursday</i></b>	<b><i>Friday</i></b>
5.30am - 6am Bre's HIIT	5.30am - 6am Functional w Aaron	6am - 6.30am Strength w Al
6.05am - 6.35am Bre's HIIT	6.05am - 6.35am Functional w Aaron	6.35am - 7.05am Strength w Al
<b><i>added if we have the demand</i></b>		
9.30am - 10.15am Bre's HIIT	9.30am - 10.15am MetaPWR & Core	9.30am - 10.15am

--	--	--

*added if we have the*

*demand*

6.45pm - 7.30pm <b>Bootcamp</b>	5.30 - 6.10pm Body Weight Burn	
7.30pm - 8.15pm <b>Bootcamp</b>	6.15pm - 7pm Body Weight Burn	

**e Rd (off Williams Rd) , Briar Hill 3088 ● 0411 844 349 ●**

**bring your own mat & towel, keep 1.5m spacing from other participants**

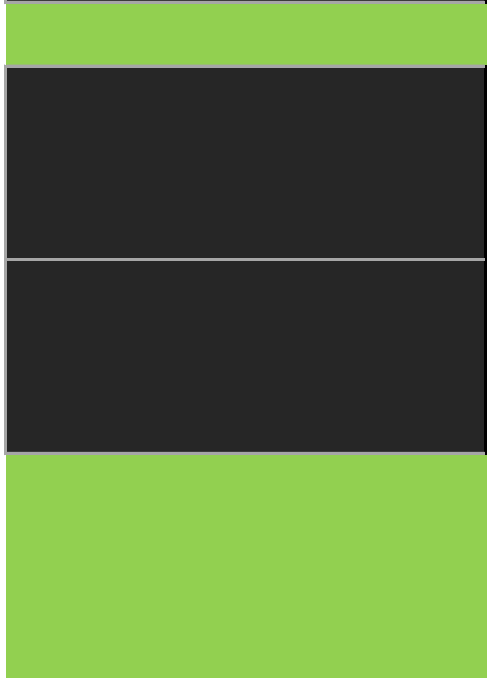
**tuesday is 5km at your own pace approx 30min run**

***Saturday***

9am-10am

**BOOTCAMP (20)**

**Location on App**



Jane	Tues 30	Thurs 45	Fri 30	Sat 30	PT 90
Bre	Wed x 2 110				
Al	Fro \$55				
Jodie	Tues \$82.50				
Aaron	\$50				PT 30/45

	<b>4pm- 5.15p m ADP HIGH SCH OOL KIDS</b>		<b>4.15p m - 5pm KIDZ FITN ESS</b>		
--	---	--	--	--	--