

# CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	FITTER MEN	FITTER MEN	FITTER MEN	FITTER MEN	FITTER MEN	
7am	6.15 - 6.45 Matt Jordan	6.15 - 6.45 Matt Jordan	6.15 - 6.45 Matt Jordan	6.15 - 6.45 Matt Jordan	6.15 - 6.45 Matt Jordan	
8am						HIIT 8.00 - 8.30 Katie Gray
9am	SUSPENSION TRAINING		RESISTANCE BAND			Legs, Bums & Tums
10am	9.30 - 10.30 Venetia Z		9.30 - 10.30 Venetia Z			9.00 - 9.45 Venetia Z
11am						
12 noon					SUSPENSION TRAINING	
1pm					12.30 - 13.30 Venetia Z	
4pm				KID'S BJJ 16.30 - 17.30		
5pm				Benny Sootho		
6pm	CIRCUITS 18.30 - 19.30	SUSPENSION TRAINING 18.00 - 19.00	CORE ATTACK 18.30 - 19.30			
7pm	Paul Fletcher	Venetia Z	Tom White	BOXBELL 19.00 - 19.45		
8pm		ADULT'S BJJ 19.30 - 20.30		Katie Gray		
9pm		Benny Sootho				