

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>	
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						<b>HIIT</b> 8.00 – 8.30 Katie Gray
9am	<b>SUSPENSION TRAINING</b> 9.30 - 10.30 Venetia Z		<b>SUSPENSION TRAINING</b> 9.30 - 10.30 Venetia Z			<b>Legs, Bums &amp; Tums</b> 9.00 - 9.45 Venetia Z
10am						
11am						
12 noon					<b>SUSPENSION TRAINING</b>	
1pm					12.30 – 13.30 Venetia Z	
5pm				<b>KID'S BJJ</b> 17.00 – 18.00 Benny Sootho		
6pm		<b>SUSPENSION TRAINING</b> 18.00 – 19.00 Venetia Z		<b>SUSPENSION TRAINING</b> 18.00 – 19.00 Venetia Z		
7pm	<b>CIRCUITS</b> 18.30 – 19.30 Paul Fletcher		<b>CORE ATTACK</b> 18.30 – 19.30 Tom White	<b>BOXBELL</b> 19.00 – 19.45 Katie Gray		
8pm		<b>ADULT'S BJJ</b> 19.30 – 20.30 Benny Sootho				

**Please contact the instructor directly to book your place on a class.**