

## CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>	<b>FITTER MEN</b>		
7am	6.15 - 7.15 Matt Jordan	6.15 - 7.15 Matt Jordan	6.15 - 7.15 Matt Jordan	6.15 - 7.15 Matt Jordan	6.15 - 7.15 Matt Jordan		
8am						<b>HIIT</b> 8.00 – 8.30 Katie Gray	
9am	<b>SUSPENSION TRAINING</b>						
10am	9.30 - 10.30 Venetia Z						
11am							
12 noon							<b>ADULT'S BJJ</b> 12pm – 1pm Mike Ryder
5pm				<b>KID'S BJJ</b> 17.00 – 18.00 Benny Sootho			
6pm	<b>CIRCUITS</b> 18.30 – 19.30		<b>CORE ATTACK</b> 18.30 – 19.30				
7pm	Paul Fletcher		Tom White				
8pm		<b>ADULT'S BJJ</b> 19.30 – 20.30 Benny Sootho	<b>ADULT'S BJJ</b> 19.30 – 20.30 Benny Sootho				

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

