

TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM IWT	6:00AM GPP	6:00AM IWT	6:00AM GPP	6:00AM FYF	9:00AM IRON ADVANCED	9:00AM GPP
7:00AM IWT	7:00AM GPP	7:00AM IWT	7:00AM GPP	7:00AM FYF	10:15AM FIT	10:15AM HIIT
9:30AM IWT	9:30AM FIT	9:30AM IWT	9:30AM HIIT	9:30AM FYF	11:15AM FIT	11:00AM HIIT
10:30AM IRON		10:30AM IRON		10:30AM FYF	12:15PM TECH	
5:30PM IWT / <u>HIIT</u>	5:45PM ENGINE	5:30PM IWT / <u>HIIT</u>	5:45PM ENGINE	5:30PM FYF		
6:30PM IRON / <u>HIIT</u>	6:30PM ENGINE	6:30PM IRON / <u>HIIT</u>	6:30PM ENGINE	6:30PM FYF		
7:30PM IRON	7:15PM GPP	7:30PM IRON	7:15PM GPP			

MAX CLASS LENGTH 45 MINS

ONLINE
 THE YARD