



Fitness Timetable

MONDAY

6:30am - 7:30am: BUILD
7:45am - 9:15am: OPEN GYM
9:30am - 10:30am: MOVE

Open Gym: 16:30pm - 20:00pm

TUESDAY

6:30am - 7:30am: MOVE
7:45am - 9:15am: OPEN GYM
9:30am - 10:30am: BUILD

16:30pm - 17:45pm: OPEN GYM
18:00pm - 19:00pm: MOVE
19:15pm - 20:15pm: BUILD

WEDNESDAY

9:30am - 10:30am: MOVE

16:30pm - 17:45pm: OPEN GYM
18:00pm - 19:00pm: LIFT
19:15pm - 20:15pm: MOVE

THURSDAY

6:30am - 7:30am: LIFT
7:45am - 9:15am: OPEN GYM
9:30am - 10:30am: BUILD

16:30pm - 17:45pm: OPEN GYM
18:00pm - 19:00pm: BUILD
19:15pm - 20:15pm: MOVE

FRIDAY

6:30am - 7:30am: MOVE
7:45am - 9:15am: OPEN GYM
9:30am - 10:30am: BUILD

SATURDAY

7:30am - 8:30am: BUILD
8:45am - 9:45am: MOVE
10:00am - 11:30am: OPEN GYM

SUNDAY

8:00am - 09:00am: BUILD
9:15am - 10:15am: MOVE
10:30am - 11:00am: OPEN GYM