

TIME	MON	TUES	WED	THURS	FRI	SAT
545 - 630am	Strength TANYA	Functional Fitness TANYA	Strength TANYA	Functional Fitness TANYA	Strength TANYA	
7 - 730am	Functional Fitness TANYA	Functional Fitness TANYA	Functional Fitness TANYA	Functional Fitness TANYA	Functional Fitness TANYA	Open Gym *STAFFED
730 - 9am	Open Gym *STAFFED	Open Gym *STAFFED	Open Gym *STAFFED	Open Gym *STAFFED	Open Gym *STAFFED	Functional Fitness 8-845am TANYA
9 - 945am	Strength TANYA	Strength TANYA	Functional Fitness TANYA	Strength TANYA	Functional Fitness TANYA	CLOSED 9am
1130 - 4pm	*UNSTAFFED Member access only	*UNSTAFFED Member access only	*UNSTAFFED Member access only	*UNSTAFFED Member access only	*UNSTAFFED Member access only	
		Functional Fitness 2-230pm TANYA		Functional Fitness 2-230pm TANYA		After Hours access
530 - 615pm	Strength 530-615 TANYA	OLYwod/ XFit! 530-630 MATT	Strength 5-545pm TANYA	Mobility & Conditioning 530-630 MATT		MEMBERS ONLY 5am-10pm
615-645pm	Functional Fitness 615-645 TANYA	Boxing Conditioning 645-730pm JOE				365 days
7pm	CLOSED Member access til 10pm	CLOSED Member access til 10pm	*Yoga with Lynne 7 - 8pm	CLOSED Member access til 10pm	CLOSED Member access til 10pm	

*YOGA not included in membership - \$15 pp cash on arrival