





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05.45		BOOTCAMP WARRIWOOD BEACH 5.45-6.30AM		BOOTCAMP WARRIWOOD BEACH 5.45-6.30AM		
06.00					STRENGTH + CONDITIONING MONA VALE GYM 6.00-6.45 AM	
07.00						BOOTCAMP MONA VALE HEADLAND 7.00-7.45 AM
08.15						SUPER SATURDAY MONA VALE GYM 8.15-9.00 AM
09.15		 INTERVAL TIMER MONA VALE GYM CHILD FRIENDLY* 9.15-10.00 AM		 HIIT MONA VALE GYM CHILD FRIENDLY 9.15-10.00 AM*		
12.00		 30 MIN LUNCH EXPRESS MONA VALE GYM 12.00-12.30 PM**		 30 MIN LUNCH EXPRESS MONA VALE GYM 12.00-12.30 PM**		
16.20	TEAM WORKOUT MONA VALE GYM 16.20-17.05 PM	INTERVAL TIMER MONA VALE GYM 16.20-17.05 PM	STRENGTH MONA VALE GYM 16.20-17.05 PM	INTERVAL TIMER MONA VALE GYM 16.20-17.05 PM	STRENGTH + CONDITIONING MONA VALE GYM 16.20-17.05 PM	
17.20	TEAM WORKOUT MONA VALE GYM 17.20-18.05 PM	INTERVAL TIMER MONA VALE GYM 17.20-18.05 PM	STRENGTH MONA VALE GYM 17.20-18.05 PM	INTERVAL TIMER MONA VALE GYM 17.20-18.05 PM		
18.20	TEAM WORKOUT MONA VALE GYM 18.20-19.05 PM		STRENGTH MONA VALE GYM 18.20-19.05 PM			



\* INTERVAL TIMER - CHILD FRIENDLY SESSION (TIMESLOT TRIAL FOR APRIL) CONTACT US ABOUT BRINGING YOUR CHILD ALONG 9.15-10.00 AM

\*\* 30 MIN LUNCH EXPRESS (TIMESLOT TRIAL THROUGH MARCH + APRIL) 12.00-12.30 PM