

FIT • FIT STATE OF MIND

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--------------------------------------|----------------------------|-----------------------------|------------------------|--------------------------------------|---------------------|
| 5AM | | | 5.30AM-6.00AM OPEN GYM | 5.15AM CONDITIONING | 5.15AM STRENGTH & CONDITIONING | |
| 6AM | 6.00AM STRENGTH & CONDITIONING | 6.00AM HIIT | 6.00AM STRENGTH | 6.00AM CONDITIONING | 6.00AM STRENGTH & CONDITIONING | |
| 7AM | 7.00AM-9.00AM OPEN GYM | | | | 7.00AM-9.00AM* OPEN GYM | 7.00AM KICKSTART |
| 8AM | | | | | | |
| 9AM | 9.15AM STRENGTH & CONDITIONING | | 9.15AM STRENGTH | | 9.15AM STRENGTH & CONDITIONING | |
| 10AM | 10.15AM-11.45AM OPEN GYM | | 10.15AM-11.45AM OPEN GYM | | | |
| 12PM | 12.45AM-2.15PM OPEN GYM | | 12.45AM-2.15PM OPEN GYM | | | |
| 2PM | 2.15PM-3.45PM OPEN GYM | | 2.15PM-3.45PM OPEN GYM | | | |
| 3PM | 2.15PM-3.45PM OPEN GYM | *3.00PM-4.00PM OPEN GYM | 2.15PM-3.45PM OPEN GYM | | | |
| 4PM | 4.15PM STRENGTH & CONDITIONING | 4.15PM HIIT | 4.15PM STRENGTH | 4.15PM CONDITIONING | | |
| 5PM | 5.15PM STRENGTH & CONDITIONING | 5.15PM HIIT | 5.15PM STRENGTH | 5.15PM CONDITIONING | | |
| 6PM | | 6.15PM HIIT | | | | |

* Trial Time Slots

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