Timetable - Fitness

From 30th April 2022

Smash: 30 minute class

Open Mat: Unstructured class (Instructor may not be present)

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)
5:45	JERRABOMBERRA BOOTCAMP 06:00-06:45				JERRABOMBERRA BOOTCAMP 06:00-06:45				JERRABOMBERRA BOOTCAMP 06:00-06:45			
6:00												
6:15	Powerfit 06:15-07:00		HIITfit 06:15-07:00		Fightingfit 06:15-07:00		Powerfit 06:15-07:00		HIITfit 06:15-07:00			
6:30												
6:45												
7:00												
7:15	Kickboxing 07:05-7:50								Kickboxing 07:05-7:50			
7:30												
7:45												
8:00											Kickboxing 07:50-8:35	
8:15												
8:30												
8:45												
9:00												FIGHTINGfit 08:40-9:25
9:15												
9:30												
9:45												
10:00	FlexSmash 10:00-10:30		PowerSmash 10:00-10:30		FightingSmash 10:00-10:30		HIITSmash 10:00-10:30		PowerSmash 10:00-10:30			FLEXfit 09:40-10:25
10:15												
10:30												
10:45												
11:00												
11:15												
11:30												
11:45												
12:00												
12:15												
12:30			HIITSmash 12:30-13:00				FightingSmash 12:30-13:00					
12:45												
13:00												
16:45												
17:00		FIGHTINGFit 17:10-17:55		PowerFit 17:10-17:55		FLEXfit 17:10-17:55		HIITfit 17:10-17:55				
17:15												
17:30												
17:45												
18:00												
18:15												
18:30			FightingSmash 18:30-19:00									
18:45												
19:00												
19:15				KickBoxing 19:05-19:50			KickBoxing OPEN MAT 19:05-19:50					
19:30												
19:45												
20:00												
20:15												
20:30												