



# Group Training Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<b>Morning</b>	6:15 Meta PWR	6:00 <i>Outdoor</i> Boot camp	6:00 Get Fit	6:00 <i>Outdoor</i> Sprint Training	6:00 Five Rounds Fit	6:00 Get Strong	6:00 <i>Outdoor</i> Boot camp	7:00 <i>Indoor</i> Sprint Training
	7:00 Tai Chi		6:45 Five Rounds Fit			7:30 Five Rounds Fit	8:15 MetaPWR	
	9:30 MetaPWR	9:30 Get Fit	9:30 Five Rounds Fit	9:30 MetaPWR	9:30 MetaFIT	8:15 Five Rounds Fit	9:00 MetaPWR	
					11am Kanga Training (details on web)	9:15 MetaPWR		
<b>Evening</b>	5:30 Get Fit	5:30 <i>Outdoor</i> Boot camp	5:30 Five Rounds Fit	5:30 Get Fit	5:30 Body Tune	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>BOOK VIA OUR APP</b></p>  </div>		5:00 Slow Flow Yoga
	6:30 MetaFIT	6:15 Five Rounds Fit (From Apr 29)	6:30 Strength and Conditioning	6:15 Tabata 45				
<b>Duration</b>		30 mins	45 mins	<p><i>45 minute Outdoor Sessions:</i> Bookings are essential  <i>Bootcamp –Fairfield Park.</i>  <i>Outdoor Sprint Training- Tues 6am - Collingwood Athletics Track</i></p>				

**0417 768 721**

**www.seechangept.com**

**445 Heidelberg Rd, Fairfield**