




Group Training Timetable

	Mon		Tue		Wed	Thu	Fri		Sat	Sun	
Morning		6:00 Get Strong	6:00 Outdoor Boot camp	6:00 Get Fit	6:00 Outdoor Sprint Training	6:00 Five Rounds Fit	6:00 Get Fit	6:00 Get Strong	6:00 Outdoor Boot camp	7:00 Indoor Sprint Training	
	6:15 Meta PWR									7:30 Five Rounds Fit	
	7:00 Tai Chi				6:45 Five Rounds Fit					8:15 Five Rounds Fit	8:15 MetaPWR
	9:30 MetaPWR			9:30 Get Fit	9:30 Five Rounds Fit	9:30 MetaPWR	9:30 MetaFIT	9:30 MetaFIT	9:15 MetaPWR	9:00 MetaPWR	
	11:00 Get Strong			11:00 Get Fit		11:00 MetaPWR	11:00 Get Strong				
Evening	5:30 Get Fit	5:30 Outdoor Boot camp	5:30 Five Rounds Fit	5:30 Get Fit	5:30 Body Tune	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>BOOK VIA OUR APP</p>  </div>				5:00 Slow Flow Yoga	
	6:30 MetaFIT		6:15 Five Rounds Fit	6:30 Strength and Conditioning	6:15 Tabata 45						
	Duration		30 mins	45 mins	<i>45 minute Outdoor Sessions: Bookings are essential</i> <i>Bootcamp –Fairfield Park.</i> <i>Outdoor Sprint Training- Tues 6am - Collingwood Athletics Track</i>						

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