

	MON	TUES	WED	THURS	FRI	SAT
6AM	 		 	 		 8AM
9AM		 	CIRCHIIT	meta PWR		meta PWR 8:30AM
4:40PM		 				
5:30PM				 		

	MON	TUES	WED	THURS	FRI	SAT
5:30AM	CIRCHIIT	WENDY STRENGTH		5:20AM  		
9AM			4:30PM  	6AM  	CIRCHIIT	
5:30PM	meta PWR	LIAM CIRCUIT	5:30PM  	CIRCHIIT		

GROUP FITNESS TIMETABLES

BOOKINGS ESSENTIAL

CANNONVALE

PROSERPINE