



**CLASS TIMETABLE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	6:30 - 7:15 <b>BOOTCAMP</b> NICK	6:30 - 7:15 <b>TRX</b> JODIE		6:30 - 7:15 <b>HIIT</b> ROSS		
9:30 - 10:15 <b>HIIT + TONE</b> DONNA	09:30 - 10:15 <b>GYM FIT</b> (OUTSIDE) DONNA		<b>09:30 - 10:15</b> <b>TRX</b> DONNA		09:00 10:00 <b>BOOTCAMP</b> DONNA/ROSS	09:00 - 9:45 <b>TRX</b> ROSS
	10:30 - 11:15 <b>TRX</b> DONNA		10:30 - 11:15 <b>GYM FIT (OUTSIDE)</b> DONNA	0:45 - 11:30 <b>TRX</b> ROSS		10:00 - 10:45 <b>BOOTCAMP</b> ROSS
11:00 - 11:45 <b>TRX</b> DONNA		11:00 - 11:45  <b>TRX</b> JODIE				
				12:00 - 12:45 <b>HIIT</b> ROSS		
	14:00- 14:45 <b>BOOTCAMP</b> NICK		14:00 - 14:45 <b>BOOTCAMP</b> NICK			
18:00 - 18:45 <b>BOOTCAMP</b> NICK	18:15 - 19:00 <b>HIIT + TONE</b> DONNA	19:00 - 19:45 <b>CIRCUITS</b> ROSS	18:30 - 19:15 <b>TRX</b> JODIE			