

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5.30 am	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance		
6.00 am		FT Bootcamp at Gaza Oval		FT Bootcamp at Gaza Oval			
6.30 am	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance		
7.30 am	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance	FT Strength & Power	FT Fitness & Endurance	7 am & 8 am FT Combo	
8.00 am						8.00 am FT Intermediate Flexibility	FT Bootcamp at TK Shutter Reserve
9.00 am			9.15 am AB Blast			9.00 am AB Blast	
10.00 am			FT Mobility Worx		FT Mobility Worx	9.45 am FT Mobility Worx	
5.30 pm	FT Fitness & Endurance	FT Strength & Power	FT Fitness Endurance	FT Strength & Power	FT Fitness & Endurance		
6.30 pm	FT Beginner Flexibility	FT Mobility Worx	FT Mobility Worx				