

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am – 6:30am	Nadia Perfect Fit	Rob Perfect Strength	Rob Perfect fit	Rob Perfect Strength	Liam Perfect Fit		
6:00am – 6:45am					Rob Outdoor Conditioning		
6:45am – 7:30am	Nadia Perfect Strength	Rob Perfect fit	Rob Perfect strength	Rob Perfect Fit	Liam Perfect Core	Nadia Perfect Strength	
7:30am – 8:15am						Nadia Perfect Fit	
8:30am – 9:15am						Nadia Perfect Core	
10:00am – 10:45am Parents and Bubs	Nadia Perfect Fit	Rob Perfect Strength	Nadia Perfect Fit	Nadia Perfect Strength	Rob Perfect Fit	Open Gym 930-11AM	
11:00am – 11:30am 30mins				Nadia Pilates			
11:30– 2pm Open gym time	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
5:00pm – 5:45pm	Liam Perfect strength	Liam Perfect Fit	Nadia Perfect strength	Liam Hybrid strength and fit			
6pm – 6:45pm	Liam Perfect Fit	Liam Perfect Strength	Nadia Perfect Fit	Liam Perfect Strength	Nadia 6:15 Hybrid		
7:00 – 8:00pm	Stanja Yoga 1 hour		Nadia Perfect strength				
7:50pm – 8:35pm			Nadia Perfect Core 45mins				