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| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **5:45am – 6:30am** | **Cam**Perfect Fit | **Rob** Perfect Strength  | **Rob** Perfect fit | **Rob**  Perfect Strength  |  **Liam**Perfect Fit |  |
| **6:00am – 6:45am** |  |  |  |  | **Outdoor**varies |  |
| **6:45am – 7:30am**  | **Cam**Perfect Strength  | **Rob**Perfect fit | **Rob**Perfect strength | **Rob**Perfect Fit | **Liam**Perfect Strength | **6am Nadia** Perfect Strength  |
| **7:30am – 8:15am** |  |  |  |  |  | **7am Nadia**Perfect Fit |
| **8:30am – 9:15am** |  | **Nadia**915 -945amStretch recovery |  |  |  | **8am Nadia**Perfect Fit |
| **10:00am – 10:45am****Parents and Bubs** | **Nadia** Perfect Fit | **Rob**Perfect Strength | **Nadia** Perfect Fit | **Nadia** Perfect Strength | **Rob**Perfect Fit | **9am Nadia****Core** |
|  **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 | **Andrew**Hybrid strength and fit | **430pm Cam**Hybrid  |  |
| **6pm – 6:45pm** | **Liam**Perfect Fit  | **Liam**Perfect Strength  | **Nadia**Perfect Fit | **Andrew** Perfect Strength | **530pm Cam**Boxing  |  |
| **7:00 – 8:00pm** | **Nadia** **Pilates** |  | **Nadia**Perfect strength |  |  |  |
| **7:50pm – 8:35pm** |  |  | **Nadia** Perfect Core  |  |  |  |