|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **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 -945am  Stretch 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 |  |  |  |