



GRIT & GRACE

GRIT & GRACE TIMETABLE - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						9am Olympic Weightlifting
9.30am	Functional Fitness	Functional Fitness	Hybrid Fitness	Functional Fitness	Functional Fitness	10am SATURDAY GRIT WORKOUT
10.30am	Strength 45+	Strength Class	Strength 45+	Strength Class	Strength 45+	
12pm	Functional Fitness		Olympic Weightlifting		Functional Fitness	
5.30pm	Functional Fitness	Olympic Weightlifting	Olympic Weightlifting	Strength Class	Functional Fitness	
6.30pm	Functional Fitness	Functional Fitness	Hybrid Fitness	Functional Fitness		