



GRIT & GRACE

GRIT & GRACE TIMETABLE - Spring 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 TEAM WORKOUT
10.30am	Strength 45+		Strength 45+		Strength 45+	
12pm	Functional Fitness		Hybrid Fitness		Functional Fitness	
5.30pm	Functional Fitness	Functional Fitness	Olympic Weightlifting	Strength Class	6pm Functional Fitness	
6.30pm	Functional Fitness	Olympic Weightlifting	Hybrid Fitness	Functional Fitness		