

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						Weightlifting LM
9.30am	Functional Fitness LM	Functional Fitness EL	Hybrid EL	Functional Fitness LM	Functional Fitness LM/EL	Hybrid Team WOD LM
10.30am	Strength 45+ LM	Men's Strength EL	Strength 45+ EL		Strength 45+ LM/EL	
12pm	FF COMING SOON!	Functional Fitness EL	HYB COMING SOON!	Functional Fitness LM	FF COMING SOON!	
5.30pm	Hybrid EL	FF COMING SOON!	Weightlifting LM	FF COMING SOON!		
6.30pm	Functional Fitness EL	Functional Fitness LM	Hybrid LM	Functional Fitness EL	Functional Fitness LM/EL 6PM	