



# GRIT & GRACE

## GRIT & GRACE TIMETABLE - Spring 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am		Morning Meet Up Training Session		Morning Meet Up Training Session		9am Weightlifting LM
9.30am	Functional Fitness EL	Functional Fitness EL	Hybrid Fitness EL	Functional Fitness LM	Functional Fitness EL	10am SATURDAY GRIT TEAM WORKOUT LM
10.30am	Strength 45+ EL		Strength 45+ EL		Strength 45+ EL	
12pm	Functional Fitness EL		Hybrid Fitness EL		Functional Fitness EL	
5.30pm	Functional Fitness LM	Functional Fitness LM	Weightlifting LM	Strength Class EL	6pm Functional Fitness LM	
6.30pm	Functional Fitness LM	Weightlifting LM	Hybrid Fitness LM	Functional Fitness EL		