

CLASS TIMETABLE

RXLIVE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	7:00 - 12:00	7:50 - 8:20 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	7:30 - 8:00 Via Zoom	Rx Warrior (Jane Holgate)	7:50 - 8:20 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	7:30 - 8:00 Via Zoom	Rx Warrior (Mel Rudkin)	7:50 - 8:20 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	9:15 - 9:45 RxGym Secret Garden	Rx Hiit (Will Shaw)	9:15 - 9:45 RxGym Secret Garden	Rx Hiit (Mel or Jane)
												9:30 - 10:00 Via Zoom	Rx Warrior (Jane Holgate)		

AFTERNOON/EVENING	12:00 - 8:00	5:00 - 5:30 RxGym Secret Garden	Rx Hiit (Jane Holgate)	12:00 - 12:30 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	5:00 - 5:30 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	12:00 - 12:30 RxGym Secret Garden	Rx Hiit (Will Shaw)	5:00 - 5:30 RxGym Secret Garden	Rx Hiit (Will Shaw)			5:00 - 6:00 RxGym Secret Garden	Rx Yoga (Victoria McPetridge)	
		5:30 - 6:00 Via Zoom	Rx Warrior (Matt Nicholson)	5:00 - 5:30 RxGym Secret Garden	Rx Hiit (Will Shaw)	5:45 - 6:15 RxGym Secret Garden	Rx Hiit (Mel Rudkin)	5:00 - 5:30 RxGym Secret Garden	Rx Hiit (Jane Holgate)	5:30 - 6:00 Via Zoom	Rx Warrior (Matt Nicholson)					
		5:45 - 6:15 RxGym Secret Garden	Rx Hiit (Jane Holgate)	5:30 - 6:00 Via Zoom	Rx Warrior (Jessica Fisher)	7:30 - 8:00 Via Zoom	Rx Yoga (Victoria McPetridge)	5:30 - 6:00 Via Zoom	Rx Warrior (Matt Nicholson)	5:45 - 6:15 RxGym Secret Garden	Rx Hiit (Will Shaw)					
				5:45 - 6:15 RxGym Secret Garden	Rx Hiit (Will Shaw)			5:45 - 6:15 RxGym Secret Garden	Rx Hiit (Jane Holgate)							
				7:30 - 8:00 Via Zoom	Rx Pilates (Neila Drabble)			7:30 - 8:00 Via Zoom	Rx Pilates (Neila Drabble)							

- STRENGTH & CONDITIONING
- CARdio, CORE & FAT BURN
- BODY CONDITIONING, HIIT & FAT BURN
- MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION
- COMBAT, SELF DEFENCE & HIIT
- FUN KIDS FITNESS CLASSES

PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.