

CLASS TIMETABLE

RXLIVE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY										
MORNING	7:00 - 12:00	6:30 - 7:00	Rx Hiit Outdoor	6:30 - 7:00	Rx Hiit Outdoor	6:30 - 7:00	Rx Hiit Outdoor	6:30 - 7:00	Rx Hiit Outdoor	6:30 - 7:00	Rx Hiit Outdoor	9:00 - 9:45 at RxBox	CrossFit On-Ramp & Trial Session	9:00 - 10:00 at RxBox	Rx Kids			
		7:10 - 7:40	Rx Hiit Outdoor	7:10 - 7:40	Rx Hiit Outdoor	7:10 - 7:40	Rx Hiit Outdoor	7:10 - 7:40	Rx Hiit Outdoor	7:10 - 7:40	Rx Hiit Outdoor	7:10 - 7:40	Rx Hiit Outdoor	9:00 - 9:30	Rx Hiit Outdoor	9:00 - 9:30	Rx Hiit Outdoor	
															9:45 - 10:15	Rx Hiit Outdoor	9:45 - 10:15	Rx Hiit Outdoor
																10:30 - 11:00	Rx Hiit Outdoor	10:30 - 11:00

AFTERNOON/EVENING	12:00 - 9:00	12:00 - 12:30	Rx Hiit Outdoor	12:00 - 12:30	Rx Strength Outdoor	12:00 - 12:30	Rx Hiit Outdoor	12:00 - 12:30	Rx Strength Outdoor	12:00 - 12:30	Rx Hiit Outdoor					5:00 - 6:00	Rx Yoga at RxBox	
		5:30 - 6:00	Rx Hiit Outdoor	5:30 - 6:00	Rx Strength Outdoor	5:30 - 6:00	Rx Hiit Outdoor	5:30 - 6:00	Rx Strength Outdoor	5:30 - 6:00	Rx Hiit Outdoor							
		6:15 - 6:45	Rx Hiit Outdoor	6:15 - 6:45	Rx Strength Outdoor	6:15 - 6:45	Rx Hiit Outdoor	6:15 - 6:45	Rx Strength Outdoor	6:15 - 6:45	Rx Hiit Outdoor							
		7:00 - 7:30	Rx Hiit Outdoor	7:00 - 7:30	Rx Strength Outdoor	7:00 - 7:30	Rx Hiit Outdoor	7:00 - 7:30	Rx Strength Outdoor	7:00 - 7:30	Rx Hiit Outdoor							
		8:00 - 8:45 at RxBox	CrossFit On-Ramp & Trial Session	8:00 - 9:00	Rx Pilates at RxBox	8:00 - 9:00	Rx Yoga at RxBox	8:00 - 9:00	Rx Pilates at RxBox									

- 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.