

GROUP TRAINING TIMETABLE



		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 - 9:30 Rx Hiit (Outdoor)	9:00 - 9:45 Rx Kids (at RxBox)	
		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)	9:45 - 10:15 Rx Hiit (Outdoor)	9:00 - 9:30 Rx Hiit (Outdoor)	
							10:30 - 11:00 Rx Hiit (Outdoor)	9:45 - 10:15 Rx Hiit (Outdoor)	
							12:00 - 12:45 at RxBox	CrossFit On-Ramp & Trial Session	10:30 - 11:00 Rx Hiit (Outdoor)
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 - 5:30 RxGym App	Rx Yoga (Zoom)
		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	7:30 - 8:00 RxGym App	Rx Pilates (Zoom)	7:30 - 8:00 RxGym App	Rx Yoga (Zoom)	7:30 - 8:00 RxGym App	Rx Pilates (Zoom)

- STRENGTH & CONDITIONING
- CARDIO, CORE & FAT BURN
- FUN KIDS FITNESS CLASSES
- BODY CONDITIONING, HIIT & FAT BURN
- MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION
- ONLINE BODY WEIGHT WORKOUT

PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.