

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)*	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)*			2:00 - 3:00	Rx Pilates (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)*			5:00 - 6:00	Rx Yoga (at RxBox)
		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 - 8:45 at RxBox	CrossFit On-Ramp & Trial Session						

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

* LOCATED OUTSIDE NEXT TO RXGYM, WEATHER PERMITTING. ALTERNATIVELY THESE WILL TAKE PLACE INDOORS AT RXGYM. PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.