

GROUP TRAINING TIMETABLE



| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|--------------|---|---------------------------------|---------------------------------|---|-----------------------|--|------------------------------|
| MORNING | 6:30 - 12:00 | 6:30 - 7:00 Rx Hiit | 6:30 - 7:00 Rx Strength | 6:30 - 7:00 Rx Hiit | 6:30 - 7:00 Rx Strength | 6:30 - 7:00 Rx Hiit | 9:00 - 9:30 Rx Hiit | 9:00 - 9:45 Rx Kids (at CFD) |
| | | 7:10 - 7:40 Rx Hiit | 7:10 - 7:40 Rx Strength | 7:10 - 7:40 Rx Hiit | 7:10 - 7:40 Rx Strength | 7:10 - 7:40 Rx Hiit | 9:45 - 10:15 Rx Hiit | 9:00 - 9:30 Rx Hiit |
| | | | | | | | 10:30 - 11:00 Rx Hiit | 9:45 - 10:15 Rx Hiit |
| | | | | | | | 12:00 - 12:45 CrossFit On-Ramp & Trial Session | 10:30 - 11:00 Rx Hiit |
| AFTERNOON / EVENING | 12:00 - 9:00 | 12:00 - 12:30 Rx Hiit | 12:00 - 12:30 Rx Strength | 12:00 - 12:30 Rx Hiit | 12:00 - 12:30 Rx Strength | 12:00 - 12:30 Rx Hiit | | |
| | | 5:30 - 6:00 Rx Hiit | 5:30 - 6:00 Rx Strength | 5:30 - 6:00 Rx Hiit | 5:30 - 6:00 Rx Strength | 5:30 - 6:00 Rx Hiit | 5:00 - 6:00 Rx Yoga (at CFD) | |
| | | 6:15 - 6:45 Rx Hiit | 6:15 - 6:45 Rx Strength | 6:15 - 6:45 Rx Hiit | 6:15 - 6:45 Rx Strength | 6:15 - 6:45 Rx Hiit | | |
| | | 7:00 - 7:30 Rx Hiit | 7:00 - 7:30 Rx Strength | 7:00 - 7:30 Rx Hiit | 7:00 - 7:30 Rx Strength | 7:00 - 7:30 Rx Hiit | | |
| | | 8:00 - 8:45 at CFD CrossFit On-Ramp & Trial Session | 8:00 - 9:00 Rx Pilates (at CFD) | 8:00 - 9:00 Rx Pilates (at CFD) | 8:00 - 8:45 at CFD 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

* PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.