

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Advanced Circuit 6am-6.50am	Gym Members 7-8am	Advanced Circuit 6am-6.50am	Gym Members 7-8am	Advanced Circuit 6am-6.50am	
	Personal Training and Gym Members 7.00am - 5.00pm	Building Bones #1 8am-8.50am	Personal Training and Gym Members 7.00am - 5.00pm	Building Bones #1 8am-8.50am	Personal Training and Gym Members 7.00am - 3.00pm	Building Bones Combo 8am-8.50am
		Building Bones #2 9am-9.50am		Building Bones #2 9am-9.50am		Personal Training Clients 9.00am - 11.30am
		Ladies Circuit 10am-10.50am		Ladies Circuit 10am-10.50am	Ladies Circuit 9.30am-10.20am	GYM MEMBERS ACCESS TIME 8.00am - 12.00pm
PM	GYM MEMBERS ACCESS TIME 7am-8.00pm	GYM MEMBERS ACCESS TIME 7am- 5.30pm	GYM MEMBERS ACCESS TIME 7am- 8.00pm	GYM MEMBERS ACCESS TIME 7am- 5.30pm	GYM MEMBERS ACCESS TIME 7am - 3.00pm	
	Building Bones #3 5.00pm-5.50pm		Building Bones #3 5.00pm-5.50pm			
	Mixed Circuit 6.00pm-6.50pm		Mixed Circuit 6.00pm-6.50pm			
<p>NOTE: Changerooms are available. Please use HAND SANITISER/STERILE SURFACE SPRAY provided throughout the GYM. Please bring a LARGE towel to each session. THIS IS A REQUIREMENT FOR ENTRY INTO THE GYM.</p>						