



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6.00am	SGPT	SGPT / Fox Conditioning	SGPT	SGPT / Fox Conditioning	SGPT		
7.00am	Fox FIT	F&F	HIIT	Fox Box 30	Fox FIT		
8.00am	PT	PT	PT	PT	PT	Box HIIT	
9.15am	HIIT	Fox Box 30	Fox FIT	F&F	HIIT	Spartan FIT	
10.00am	SGPT	SGPT	SGPT	SGPT	SGPT	 	
11.00am	PT	Catch Up	PT	Catch Up	Catch Up		
12.00pm	PT	Fox FIT		Fox Box 30	PT		
13.00pm							
14.00pm							
15.00pm							
16.00pm							
17.00pm	Teen FIT	Teen Fox Box / Teen Cond		Teen Stretch	Teen F&F / Teen Cond		
18.00pm	SGPT / Fox Conditioning	F&F	SGPT / Fox Conditioning	Fox FIT	SGPT / Fox Conditioning		
19.00pm	Box HIIT	SGPT	Yoga	SGPT			
20.00pm							