

# TERM 1 SCHEDULE

JAN 29TH - MARCH 28TH 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/8.30am Ocean Grove						BOOTCAMP
9:30am Ocean Grove	PILATES	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		
10.30am Ocean Grove		PRE & POST NATAL				
6pm Leopold	STRENGTH & CONDITIONING			STRENGTH & CONDITIONING		

**Saturday Bootcamp session times may vary each week (8 or 8.30am start time). These sessions are for casual attendance only and require bookings the day before, along with on the day payment. Please check our socials for updates.**