

MON	06:15 Boot Camp (W)	12:30 LIVE 30 min Boot Camp	17:15 DBX (W) 17:15 LIVE DBX	18:30 Boot Camp (W)
TUE	06:15 PRE-REC Boot Camp	17:00 LIVE Yoga with Paula	17:15 Kettlebells (C) 17:15 LIVE Kettlebells	18:30 Boot Camp (C)
WED	06:15 Boot Camp (C)	17:15 Boot Camp (W)	18:15 DBX (W) 18:15 PRE-REC Boot Camp	19:15 Run Camp (W)
THU	07:15 DBX (W) 07:15 LIVE DBX		17:15 DBX (W)	18:30 Boot Camp (W)
FRI	06:15 Boot Camp (W)	12:30 LIVE 30 min Boot Camp	18:15 PRE-REC Flex & Stretch	18:30 Kettlebells (C)
SAT	08:15 DBX (W) 08:15 LIVE DBX	09:30 Boot Camp (C)		
SUN	08:15 Boot Camp (W)		18:15 PRE-REC Boot Camp	



OUTDOOR GYM TIMETABLE

W = Willen Lake
C = Campbell Park

VIRTUAL GYM TIMETABLE

LIVE = Zoom
PRE-REC = Private YouTube