



Gym - Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
6:00am	Shed Strong	Shed Strong	Shed Strong	Shed Strong	Open Gym	Open Gym	Open Gym
7:00am	Shed Strong	Shed Strong	Shed Strong	Shed Strong	Open Gym	Shed Strong	Open Gym
8:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Shed Strong	Open Gym
9:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:00am	Mum's & Bubs	Master's Squad	Mum's & Bubs	Master's Squad	Open Gym	Open Gym	Open Gym
11:00am - 12:15pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12:15pm	Shed Strong	Shed Strong	Shed Strong	Shed Strong	Open Gym	Open Gym	Open Gym
1:15pm - 4:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
4:00pm - 4:45pm	Lake Warriors (Kids 12+)	Lake Warriors (Kids 12+)	Lake Warriors (Kids 12+)	Lake Warriors (Kids 12+)	Open Gym	Open Gym	Open Gym
4:45pm - 5:30pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:30pm	Shed Strong	Shed Strong	Shed Strong	Shed Strong	Open Gym	Open Gym	Open Gym
6:30pm - 9:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym