RSX
STRENGTH CLUB

Gym Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
6:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
7:00am	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	
8:00am	RSX WELCOME SESSION (45 MINS)						
9:00am							
10:00am	RSX MASTERS (STREAM A)	RSX MASTERS (STREAM B)	RSX MASTERS (STREAM A)	RSX MASTERS (STREAM B)	RSX MASTERS (ALL STREAMS)		
11:00am	RSX MASTERS (STREAM C)		RSX MASTERS (STREAM C)				
12:00pm	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB		
1:00pm							
2:00pm							
3:00pm							
4:00pm		YOUTH STRENGTH (YEARS 9-12)		YOUTH STRENGTH (YEARS 9-12)			
5:00pm							
5:30pm	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB	RSX STRENGTH CLUB			
6:30pm - 8:00pm							

T&Cs apply. Session times and classes are subject to change. Personal training available at all other times, subject to trainer availability.

KEY

RSX WELCOME SESSION:
Perfect if you would like to: have a tour of the gym, be shown through Trainerize, learn how everything works, and get comfortable before joining a class.

RSX MASTERS – STREAM A:
Mon & Wed 10:00am

RSX MASTERS – STREAM B:
Tue & Thu 10:00am

RSX MASTERS – STREAM C:
Mon & Wed 11:00am

ALL STREAMS TOGETHER:
Fri 10:00am · Ages 50+

RSX STRENGTH CLUB:
Strength-focused sessions with conditioning elements through the week · Ages 16+

YOUTH STRENGTH:
Coached strength fundamentals for kids, learning to lift in a safe and fun way.

RED SHED