



CAMPERDOWN TIMETABLE

Mon	Tue	Wed	Thur	Fri	Sat	Sun
615 am Athletic	615 am Limitless	615 am Athletic	615 am HIIT	615 am Athletic		
700 am Athletic	700 am Limitless	700 am Athletic	700 am HIIT	700 am Athletic	745 am Limitless	
					830 am Limitless	900 am Strength C
						1000 am Yoga
1215 pm Athletic	1215 pm Limitless	1215 pm Athletic	1215 pm HIIT	1215 pm Athletic		
						COLOUR CODES
530 pm Athletic	530 pm Limitless	530 pm Athletic	530 pm HIIT	530 pm Boxing		STRENGTH
615 pm Boxing	615 pm Limitless	615 pm Boxing	615 pm HIIT	615 pm Strength C		STRENGTH/CARDIO
		700 pm Yoga				CARDIO