

SCHOOL OF STRENGTH

Weekly Groups Program

BY APPOINTMENT ONLY

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Time	Monday	Time	Tuesday	Time	Wednesday	Time	Thursday	Time	Friday
6am 6.50am	Strength and Mobility Men Only			6am 6.50am	Strength and Mobility Ladies Only	6am 6.50am	Strength and Mobility Men Only	6am 6.50am	Strength and Mobility Ladies Only
		7am 7.45am	Strength and Mobility Mixed	7am 7.45am	Strength and Mobility Mixed	7am 7.45am	Strength and Mobility Mixed	8am 8.50am	Strength and Mobility Older Ladies
12.30pm 1.05pm	The School's Lunctime Dose Mixed	11.00am 11.50am	Strength and Mobility Older Men	12.30pm 1.05pm	The School's Lunctime Dose Mixed	12.00pm 12.45pm	Strength and Mobility Mixed	12.30pm 1.05pm	The School's Lunctime Dose Mixed
1.10pm 1.45pm	The School's Lunctime Dose Mixed			1.10pm 1.45pm	The School's Lunctime Dose Mixed				
4pm 4.45pm	Junior Athletic Development Mixed	4pm 4.50pm	Strength and Mobility Ladies Only	3.30pm 4.15pm	Junior Athletic Development Mixed	4.15pm 5pm			
5pm 5.45pm	Strength and Mobility Men Only	5.15pm 6.00pm	Strength and Mobility Ladies Only	4.15pm 5pm	Junior Athletic Development Mixed	4.30pm 5.15pm	Junior Athletic Development Mixed	4.30pm 5.15pm	Strength and Mobility Mixed
6pm 6.45pm	Strength and Mobility Mixed			6pm 6.45pm	Strength and Mobility Mixed	5.30pm 6.15pm	Strength and Mobility Mixed	5.45pm 6.30pm	Thank F\$%k It's Friday Mixed

\$12.50 per class (Junior Athletes only)

\$12.50 per class
 \$17.50 per class

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