

SCHOOL OF STRENGTH

Group Sessions as at July 2022 BY APPOINTMENT ONLY

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 7.50am	Strength and Mobility Mixed	7am 7.50am	Strength and Mobility Mixed	7am 7.50am	Strength and Mobility Mixed	7am 7.50am	Strength and Mobility Mixed	8am 8.50am	Strength and Mobility Older Ladies
		11.00am 11.50am	Strength and Mobility Older Men			9.00am 9.50am	Strength and Mobility Older Men		
12.30pm 1.05pm	SOS HIIT Mixed			12.30pm 1.05pm	SOS HIIT Mixed			12.30pm 1.05pm	SOS HIIT Mixed
4pm 4.45pm	Junior Athletic Development Mixed	4pm 4.50pm	Strength and Mobility Ladies Only	3.30pm 4.15pm	Junior Athletic Development Mixed	4.30pm 5.15pm	Junior Athletic Development Mixed	4.30pm 5.20pm	Thank F\$%K It's Friday Strength and Mobility Mixed
5pm 5.50pm	Strength and Mobility Men Only	5.15pm 6.00pm	Strength and Mobility Ladies Only	4.15pm 5pm	Junior Athletic Development Mixed	5.30pm 6.20pm	Strength and Mobility Mixed		
6pm 6.50pm	Strength and Mobility Ladies Only			6pm 6.50pm	Strength and Mobility Mixed				



\$12.50 PER CLASS
(Junior Athletes only)



\$12.50 per class



\$17.50 per class



\$17.50 per class



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