



# CAMPERDOWN TIMETABLE

| Mon              | Tue               | Wed             | Thur             | Fri               | Sat         | Sun             |
|------------------|-------------------|-----------------|------------------|-------------------|-------------|-----------------|
| 615 am Athletic  | 615 am Limitless  | 615 am HIIT     | 615 am Athletic  | 615 am Limitless  |             |                 |
| 700 am Athletic  | 700 am Limitless  | 700 am HIIT     | 700 am Athletic  | 700 am Limitless  | 745 am HIIT |                 |
|                  |                   |                 |                  |                   | 830 am HIIT | 900 am Athletic |
|                  |                   |                 |                  |                   |             | 1000 am Yoga    |
| 1215 pm Athletic | 1215 pm Limitless | 1215 pm HIIT    | 1215 pm Athletic |                   |             |                 |
|                  |                   |                 |                  |                   |             |                 |
| 530 pm Limitless | 530 pm HIIT       | 530 pm Athletic | 530 pm Limitless | 530 pm Boxing     |             |                 |
| 615 pm Boxing    | 615 pm HIIT       | 615 pm Athletic | 615 pm Limitless | 615 pm Strength C |             |                 |
|                  |                   | 700 pm Yoga     |                  |                   |             |                 |

COLOR CODES

STRENGTH

STRENGTH/CARDIO

CARDIO