

TERM 1 SCHEDULE 2025

JANUARY 27TH - APRIL 3RD

10 WEEKS



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am Ocean Grove						8AM BOOTCAMP <i>Child Friendly</i>
9:30am Ocean Grove	PERSONAL TRAINING LEOPOLD 9AM - 3PM	STRENGTH & CONDITIONING <i>Child Friendly</i>	PERSONAL TRAINING LEOPOLD 9AM - 3PM	STRENGTH & CONDITIONING <i>Child Friendly</i>		
10.30am Ocean Grove		PRE & POST NATAL <i>Child Friendly</i>				
6pm Leopold	7PM RUN STRONG 8 WEEKS JAN/FEB	STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		

Saturday Bootcamp are for casual attendance only and require bookings the day before, along with on the day payment. Please check our socials for updates. Casual sessions are \$22