

# TERM 3 SCHEDULE

JULY 15TH - SEPTEMBER 19TH 2024

10 WEEKS



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/8.30am Ocean Grove						8AM BOOTCAMP
9:30am Ocean Grove	PERSONAL TRAINING LEOPOLD 9AM - 3PM	STRENGTH & CONDITIONING	PERSONAL TRAINING LEOPOLD 9AM - 3PM	STRENGTH & CONDITIONING		
10.30am Ocean Grove		PRE & POST NATAL				
6pm Leopold		STRENGTH & CONDITIONING		STRENGTH & CONDITIONING		

Saturday Bootcamp sessions are at 8am but may vary some weeks. These sessions 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