CANBERRA MARTIAL ARTS & FITNESS

WODEN Timetable - Fitness

From Monday 19th August 2024

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)
5:45	JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45				JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45				JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45			
6:00			GROUP FITNESS 06:00-06:45				GROUP FITNESS 06:00-06:45					
6:15			CARDIO BOXING 06:50-7:35				CARDIO BOXING 06:50-7:35					
6:30												
6:45												
7:00												
7:15												
7:30												
7:45												
8:00											GROUP FITNESS 08:00 - 08:30	
8:15											CARDIO BOXING 08:30-9:15	
8:30												
8:45												
9:00												
9:15												
9:30											FLEX 09:20-10:05	
9:45												
10:00	FLEX 10:00-10:30		GROUP FITNESS 10:00 - 10:30		CARDIO BOXING 10:00-10:30		GROUP FITNESS 10:00 - 10:30		GROUP FITNESS 10:00 - 10:30			
10:15												
10:30												
10:45												
11:00												
11:15												
11:30												
11:45												
12:00												
12:15												
12:30			GROUP FITNESS 12:30 - 13:00				CARDIO BOXING 12:30-13:00					
12:45												
13:00												
13:15												
13:30												
16:15												
16:30												
16:45												
17:00		CARDIO BOXING 17:15-18:00		GROUP FITNESS 17:15-18:00		FLEX 17:15-18:00		GROUP FITNESS 17:15-18:00				
17:15												
17:30												
17:45												