

SPT TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
5:30AM		SHARED PT				
6:30AM		SHARED PT		SHARED PT	SHARED PT	
7:30AM				SHARED PT		SHARED PT
10.30AM		SHARED PT		SHARED PT		
130PM						
4:30PM		SHARED PT		SHARED PT		
5:30PM	SHARED PT		SHARED PT			
6:30PM		SHARED PT				
7:30PM	SHARED PT		SHARED PT			

CORRECT AS OF 12.04.21
SUBJECT TO CHANGE

GROUP TIMETABLE

	MON	TUE	WED	THUR	FRI	SAT
5:30AM	-	ADVANCE	DRILL	FIELD	RELAY	-
6:30AM	DRIVE	YARD	RESTORE	TRACK	-	-
7:30AM	DRILL	-	-	-	PUSH	-
8:30AM	-	-	-	-	-	RELAY
9:30AM	-	-	DRILL	-	PUSH	-
4:30PM	PUSH	-	-	-	FLOW	-
5:30PM	FIELD	TRACK	-	YARD	FREESTYLE	-
6:30PM	RELAY	-	DRIVE	-	-	-
7:30PM	-	YARD	-	PUSH	-	-

CORRECT AS OF 12.04.21
SUBJECT TO CHANGE

SPECIALTY TIMETABLE

Suitable for Pre/Post Natal

	MON	TUE	WED	THUR	FRI	SAT
5:30AM	-	-	-	-	-	-
6:30AM	-	-	-	-	PILATES	-
6:30AM	-	-	-	-	-	-
8:30AM	-	-	-	-	-	-
9:30AM	-	PILATES	-	-	PILATES	YOGA
5:30PM	-	-	-	-	-	-
6:30PM	-	OLY LIFT	GYMNAST	KICKBOX	-	-
6:30PM	PILATES	YOGA	-	-	-	-
7:30PM	-	-	FLEXIBILITY	-	-	-

CORRECT AS OF 12.04.21
SUBJECT TO CHANGE