



# JUNIOR TIMETABLE (12-17)

MON	TUE	WED	THU	FRI	SAT
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7:00AM



JUNIOR STRENGTH



JUNIOR STRENGTH



SPEED & AGILITY



JUNIOR STRENGTH



JUNIOR STRENGTH



SPEED & AGILITY

8:00AM



JUNIOR STRENGTH

4:00PM



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH

5:00PM



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH

6:00PM



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH



JUNIOR STRENGTH



sydney west  
high performance



# ADULTS TIMETABLE

	MON	TUE	WED	THU	FRI	SAT
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6:00AM

GROUP FITNESS - STRONG	GROUP FITNESS - FIT	GROUP FITNESS - STRONG	GROUP FITNESS - FIT	GROUP FITNESS - STRONG		
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7:00AM

RECOVERY	STRENGTH & CONDITIONING	SPEED & AGILITY	STRENGTH & CONDITIONING	RECOVERY	SPEED & AGILITY	
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8:00AM

STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	OPEN GYM	
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9:00AM

WEIGHTLIFTING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	WEIGHTLIFTING	STRENGTH & CONDITIONING	GROUP FITNESS - FIT	
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10:00AM

STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	STRENGTH & CONDITIONING	RECOVERY	
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4:00PM

OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
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5:00PM

OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
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6:00PM

OPEN GYM	OPEN GYM	CLOSED	OPEN GYM		
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7:00PM

CLOSED	OPEN GYM	CLOSED	WEIGHTLIFTING		
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