

# OPEN GROUP TIMES FOR 2022



## MON & WED

BOXING & CONDITIONING  
5.45AM, 9.15AM & 5.30PM

## TUES & THUR

STRENGTH & CONDITIONING  
5.45AM (LADIES ONLY),  
9.15AM & 5.30PM



## FRIDAY

F\*CKING ENDURANCE DAY  
& PILATES @ 5.45AM ONLY



## SATURDAY

TEAM TRAINING @ 6.30AM

ALBERT LANE, NEWTOWN.