

OPEN GROUP TIMES FOR 2022.



MONDAY

BOXING & CONDITIONING

5.45AM, 9.15AM & 5.30PM

WEDNESDAY

BOXING & CONDITIONING

5.45AM & 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

FFIT TIMETABLE