



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness		
6am	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	6.30am Strength & Fitness	
9.30am	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	7.30am Fitness	Open Gym 8-11am
12.30pm						8.30am Strength & Fitness	
3.30pm	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness		
4.30pm	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness		
5.30pm	Fitness	Fitness	Fitness	Fitness	Fitness		
6.30pm	Strength & Fitness	Strength & Fitness	Strength & Fitness	Strength & Fitness			

6am M-F Dual Classes

Open Gym
 M-T 5am to 8pm
 F - 5am to 7pm
 Sat - 6.30am to 11am
 Sun - 8am to 11am

TimeTable



UNBOUND ATHLETIC