

STRENGTH & MOBILITY STUDIO

Weekly Timetable



MON	TUES	WED	THUR	FRI	SAT
	7am Strength & Conditioning Damien 1 Hour			7am Strength & Conditioning Damien 1 Hour	
10am Strength & Conditioning Andrew 1 Hour	10am Men's Strength & Mobility Nev 1 Hour			10:15am Onero Bone Strength Damien 45 Minutes	10am Onero Bone Strength Andrew 45 Minutes
11am Pilates - Physio Style Damien 1 Hour	11am Onero Bone Strength Andrew 45 Minutes		11am Onero Bone Strength Andrew 45 Minutes	11am Pilates - Physio Style Damien 1 Hour	10:45am Strength & Conditioning Andrew 1 Hour
12pm Onero Bone Strength Damien 45 Minutes	12pm Onero Bone Strength Andrew 45 Minutes		12pm Onero Bone Strength Andrew 45 Minutes		
	1pm Onero Bone Strength Damien 45 Minutes		1pm Onero Bone Strength Damien 45 Minutes		
	5:15pm Onero Bone Strength Damien 45 Minutes	4:30pm Rehab Class Gav 1 Hour			
	6pm Strength & Conditioning Andrew 1 Hour		6pm Onero Bone Strength Damien 45 Minutes		