



TSG TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am 7:00am	HALF HOUR OF POWER	HALF HOUR OF POWER		HALF HOUR OF POWER	HALF HOUR OF POWER		
9:00am	GYM OPEN FOR GENERAL USE					8.30AM WEEKEND WARRIOR	
9:00am 9:30am	HALF HOUR OF POWER	HALF HOUR OF POWER	HALF HOUR OF POWER	HALF HOUR OF POWER	HALF HOUR OF POWER		
9:30am 10:15am	BOXING / KICKBOXING	BOXING / KICKBOXING	BOXING / KICKBOXING	BOXING / KICKBOXING	BOXING / KICKBOXING	9.00AM BOXING/ KICKBOXING	
10:30am	GYM CLOSED						
4:00pm 4:45pm	KIDS CLASS		KIDS CLASS	KIDS BOXING WITH FRANCO		OPENING HOURS	
5:00pm	GYM OPEN FOR GENERAL USE					MON 9-10.30am & 5pm-8pm	
5:10pm 5.30pm	HIIT THAT		HIIT THAT		HIIT THAT		
5:30pm 6:00pm	HELLS BELLS	POWER CIRCUIT	HELLS BELLS	POWER CIRCUIT	STRENGTH 5:30PM	TUES 9-10.30am & 5pm-8pm	
6:00pm 7:00pm	NON-CONTACT BOXING	NON-CONTACT BOXING	NON-CONTACT BOXING	NON-CONTACT BOXING	BOXING/ KICKBOXING	WED 9-10.30am & 4pm-8pm	
7:00pm 8:00pm	TECHNICAL BOXING	BOXING SPARRING	TECHNICAL BOXING	BOXING SPARRING		THUR 9-10.30am & 5pm-8pm	
7:00pm- 8:00pm	STRENGTH	KICK BOXING	STRENGTH	KICKBOXING		FRI 9-10.30am & 4-7.00pm	
						SAT 8am - 11.15am	

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