

CLASS	DAY	START	END
OBC Waitara	Monday	6.00 am	7.00 am
Open Gym	Monday	8.30 am	10.00 am
Open Gym	Monday	5.00 pm	7.00 pm
THUMP	Monday	6.00 pm	7.00 pm
GRINDER	Monday	7.15 pm	8.00 pm
OBC Turrumurra	Tuesday	6.00 am	7.00 am
OBC Waitara	Wednesday	6.00 am	7.00 am
Open Gym	Wednesday	8.30 am	10.00 am
Open Gym	Wednesday	5.00 pm	6.30 pm
GRINDER	Wednesday	6.30 pm	7.15 pm
OBC Turrumurra	Thursday	6.00 am	7.00 am
GRINDER	Thursday	6.30 pm	7.15 pm
OBC Waitara	Friday	6.00 am	7.00 am
Open Gym	Friday	8.30 am	10.00 am
GRINDER	Friday	4.45 pm	5.30 pm
Open Gym	Saturday	8.00 am	10.00 am
THUMP	Saturday	8.00 am	9.00 am
TRX	Saturday	9.00 am	9.45 am