

TEAM TRAINING CLASS TIMETABLE 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	HIIT (Ken) 45mins	STRENGTH (Mathew) 45mins	HIIT (Ken) 45mins	STRENGTH (Mathew) 45mins	BOXING (Mike) 45mins	
7:15AM						HIIT (Brendan) 45mins
9:00AM						
9:30AM	HIIT (Ken) 45mins				HIIT (Ken) 45mins	
1:00PM	HIIT (Mathew) 45mins	BOXING (Ken) 45mins	STRENGTH (Mathew) 45mins	HIIT (Kyle) 45mins	STRENGTH (Brendan) 45mins	
5:15PM	BOXING (Mathew) 45mins	STRENGTH (Ken) 45mins	HIIT (Mathew) 45mins	BOXING (Kyle) 45mins	STRENGTH (Brendan) 45mins	
6:00PM	HIIT (Brendan) 45mins		CORE STRENGTH (Brendan) 45mins			

SCHEDULING CLASS BOOKINGS

phone: (02) 8849 0394 | email: info@activemovement.com.au | online: www.activemovement.com.au/book-now