

TIMETABLE

THE
WOODSHED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	✓	✓	✓	✓	✓	
7:00am	✓	✓	✓	✓	✓	✓
8:00am	✓	✓	✓	✓	✓	✓
9:00am	✓	✓	✓	✓	✓	✓
5:00pm	✓	✓	✓	✓		

All Small Group Training Sessions are 45 minutes in duration

- Please be on time as sessions start with dynamic warm up at exact times stated

- Bring a towel and drink bottle to all sessions

- To attend a session you must book and check in on arrival. Please note maximum of 10 people per class.