

# GYM TIMETABLE

	TIME	ACTIVITY	INSTRUCTOR
<b>MON</b>	08:00 - 08:30	Youth Training 13-15yrs	Nicole
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
	17:00 - 17:30	Youth Training 13-15yrs	Ellie
<b>TUES</b>	08:00 - 08:30	Youth Training 13-15yrs	Jamie M
	15:25 - 16:10	Youth Training 13-15yrs	Nicole
	16:15 - 17:00	Youth Training 13-15yrs	Nicole
	17:00 - 17:30	Youth Training 13-15yrs	Nicole
<b>WEDS</b>	08:00 - 08:30	Youth Training 13-15yrs	Nicole
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
	17:00 - 17:30	Youth Training 13-15yrs	Ellie
	19:00 - 19:45	Team Training	Shane
<b>THURS</b>	08:00 - 08:30	Youth Training 13-15yrs	Nicole
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
	17:00 - 17:30	Youth Training 13-15yrs	Ellie
<b>FRI</b>	06:15 - 06:50	Team Training	Shane
	15:25 - 16:10	Youth Training 13-15yrs	Ellie
	16:15 - 17:00	Youth Training 13-15yrs	Ellie
<b>SAT</b>	11:00 - 12:00	Youth Training 13-15yrs	Jamie M

**STRONG WOMEN CLUB**  
STARTING MAY 2025