



GYM TIMETABLE

Child Care Hours	Mon & Fri 7:30am - 10:30am	Maximum 55mins in creche
GYM OPERATING HOURS		
(AM) Mon-Fri 5:15am - Noon	(PM) Mon-Thur 2pm-8pm	(PM) Fri 2pm - 7pm
Saturday 7am-Noon	Sunday 7am-11am	



AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20		Rev N Rip	Boot Camp	Revolution			
6:00	Rapid Fire				Strength		
6:20		Rev N Rip	Booty Core	Burn			
7:10						Boot Camp	Revolution
7:30	Rapid Fire	Rev N Rip	Booty Core	Revolution	Strength		
8:30	Rapid Fire	Rev N Rip	Booty Core	Boxing Blast	Strength	8:10am Rapid Fire	8:10am Rev N Rip
9:30	Pilates			Revolution	Yoga	9:20am Yoga	
10:20		Fitness Essentials		Fitness Essentials			
PM	GYM CLOSED FROM NOON TO 2:00PM FOR CLEANING AND SANITISING. NO TRAINING IN THE GYM DURING THIS BREAK.						
5:15	Rapid Fire	Rev N Rip	Boxing Blast	5pm Mobility			
5:30				Strength			
6:15	Boxing Blast	Burn	Booty Core				

- ✓ Gym goers must be financial members of WBRSL Club prior to re-opening and present their membership card upon entry for identification and contact tracing purposes.
- ✓ Social distancing measures have been put in place throughout the gym • Sanitation stations are readily accessible for your convenience.
- ✓ Bookings will be taken every night on Facebook for the following days' classes from 7.15pm - Limit 20 people per class. All classes 45 mins • 1 class per person, per day. Members are to clean their equipment before and after usage in class • Members please arrive 10mins before each class for temp check, sign in and payment.

Please remember to bring a towel and water to the gym for your own comfort. Any queries please ask the gym staff.