

Next Level Fitness - Group Training Session Time Table

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:30am	Game Mode	Strength	Hybrid	Strength	Hybrid	
8:00am						Game Mode
9:00am						Box Fit
9:30am	Strength	Hybrid	Strength	Hybrid	Game Mode	
2:00pm	Strength	Hybrid	Strength	Hybrid	Game Mode	
5:00pm	Strength	Hybrid	Strength	Hybrid	Game Mode	
6:00pm	Box Fit	Box Fit	Box Fit	Box Fit	Box Fit	

Open Gym Hours Mon-Thurs 5:30am - 8:00pm Friday 5:30am - 7:00pm
 Saturday from 8:00 am - 11:00 am.
 Closed Sunday and Public Holidays