


Generation 612 class timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6.00am to 7.00am	612 FIT	612 FIT	612 FIT	612 FIT	612 FIT	7.00am to 8.00am	612 TEAMS	
4.00pm to 5.30pm	612 OPEN	612 OPEN	612 OPEN	612 OPEN		8.15am to 9.15am	612 TEAMS	
4.00pm to 6.00pm					612 OPEN	11.00am to 1.00pm		612 OPEN
5.30pm to 6.30pm	612 FIT	612 FIT	612 FIT	612 FIT				
6.00pm to 7.00pm					612 FIT			
6.30pm to 7.30pm	612 FIT	612 FIT	612 FIT	612 FIT				

CLASS OPTIONS

612 FIT (60mins and 90mins)
Workout of the day.

612 OPEN (60mins, 90mins and 120mins)
Individual skill development.

612 TEAM (60mins)
Team workout of the day.