

YARD 6

P O R T H M A D O C

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>6am</u>	Y6 SHRED 6.30am-7.15am J		Y6 SHRED 6.30am-7.15am J		Y6 SHRED 6.30am-7.15am J		
<u>7am</u>							
<u>10am</u>							Boot Camp
<u>10.30am</u>							10am-11am J
<u>11am</u>							
<u>12pm</u>						Open Gym 12pm-2pm	
<u>2pm</u>							
<u>4pm</u>							
<u>5pm</u>							Open Gym 5pm-8pm
<u>5.30pm</u>	Y6 Fit 5.30 – 6.30pm St	Olympic Weightlifting 5.30pm - 7pm St	Y6 Open Strength 5.30pm - 7pm	Y6 Fit 5.30 - 7pm J	Y6 Fit 5.30-6.30 J		
<u>6pm</u>							
<u>6.30pm</u>	Y6 Open Strength 6.30pm - 8pm	Open Gym 7pm - 8pm	Y6 Fit 7pm - 8pm St	Open Gym 7pm - 8pm	Y6 SHRED 7pm-7.45pm J		
<u>7pm</u>							
<u>7.30pm</u>							
<u>8pm</u>	Y6 SHRED 8pm - 8.45pm J		Y6 SHRED 8pm - 8.45pm J				
<u>8.30pm</u>							
<u>9pm</u>							



@Yard6



@yard6box

