

BENNEFIT GROUP SESSION TIMETABLE 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
5:00AM 5:15 AM 5:30 AM 5:45 AM	5:00AM MONDAY MADNESS	5:00AM TOUGH TUESDAY	5:00AM MID-WEEK MOBILITY	5:00AM TO 7:00AM COACHED HOURS		5:00AM FYF		6:30AM SPARTAN STRONGMAN				
6:00 AM 6:15 AM 6:30 AM 6:45 AM	6:00AM MONDAY MADNESS	6:00AM TOUGH TUESDAY	6:00AM MID-WEEK MOBILITY			6:00AM FYF						
7:00 AM 7:15 AM 7:30 AM 7:45 AM	7:00AM TO 9:30AM OPEN GYM								7:30AM SPARTAN STRONGMAN			
8:00 AM 8:15 AM 8:30 AM 8:45 AM 9:00AM												
*ALL 9:30 AM CLASSES INCLUDE FREE BABYSITTING											8:30AM TO 11:00AM OPEN GYM	
9:30 AM 10:00 AM 10:15 AM 10:30 AM 10:45 AM	9:30AM MONDAY MADNESS*	9:30AM TOUGH TUESDAY*	9:30AM MID-WEEK MOBILITY*	9:30AM TO 10:30AM COACHED HOURS*		9:30AM FYF*						
10:30 AM 12:30 PM	10:30AM-12:30PM OPEN GYM											
12:30 PM 4:00 PM	12:30PM-4:00PM GYM CLOSED											
4:00 PM 6:00 PM	4:00PM-6:00PM OPEN GYM								GYM CLOSED			
6:00 PM 6:15 PM 6:30 PM 6:45 PM	6:00PM MONDAY MADNESS	6:00PM TOUGH TUESDAY	6:00PM MID-WEEK MOBILITY	6:00PM TO 8:00PM COACHED HOURS		6:00PM KICK OFF BARBELLS N BEERS						
7:00 PM 7:15 PM 7:30 PM 7:45 PM	7:00PM MONDAY MADNESS	7:00PM TOUGH TUESDAY	7:00PM MID-WEEK MOBILITY									

CONTACT JOSH 0403 798 268

All classes are at Bennefit HQ
1/185 Port Hacking Road Miranda

BENNEFIT.NET.AU

PLEASE ENSURE YOU ARRIVE ON TIME
TO WARM UP.