



# 2020 Winter Team Training Timetable

\* Session times/days and availability are subject to change due to demand

\* Class numbers are limited so make sure you book in on PT Minder

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
7:00am				<b>Functional Fitness</b> HRC & Live			
8:30am		<b>Step2Fit</b> HVSP & Live	<b>Strength</b> HRC & Live				
9:00am	<b>Box2Fit</b> HVSP & Live				<b>Fri-Yay Fit</b> HVSP & Live	<b>Fun&amp;Games</b> HVSP & Live	<b>Yoga/Stretch</b> Live
6:30pm	<b>Box2Fit</b> HVTC	<b>Step2Fit</b> HVTC	<b>3x Strength</b> HVTC	<b>Functional Fitness</b> HVTC			

**HRC:** HUB RECREATION CENTRE—The Mall, Aberfoyle Park

**HVSP:** HAPPY VALLEY SPORTS PARK—Taylors Rd W, Aberfoyle Park

**HVTC:** HAPPY VALLEY TENNIS CLUB—Taylors Rd W, Aberfoyle Park

**LS:** LIVE STREAMING