



2021 Summer 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
8:30am			3X Strength HRC				
9:00am	KB-Fit HVSP				Fri-Yay Fit HVSP	The Engine Session HVSP	
6:30pm	HIIT Combat HVSP	Power Step HVSP	3X Strength HRC	Functional Fitness HRC			

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