

Connect30 Timetable



WINTER 2024

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	C30 Aerobic	C30 Strength		C30 Aerobic	C30 Strength		
9:00am						C30 Functional	C30 Functional
10:00am	C30 Aerobic		C30 Functional		C30 Strength		
4:00pm						C30 Functional	C30 Functional
6:00pm	C30 Aerobic	C30 Strength	C30 Functional	C30 Aerobic	C30 Strength		