

GROUP TRAINING

TIMETABLE 2023

MONDAY

5:00AM METCON
6:30AM METCON / STR
9:15AM METCON / STR
4:30PM METCON
5:30PM STR

TUESDAY

5:00AM S&C
6:30AM S&C
9:15AM S&C
3:45PM YOUTH TRAINING
4:30PM S&C
5:30PM S&C
6:30PM SURFER STRENGTH

WEDNESDAY

5:00AM METCON
6:30AM METCON / STR
9:15AM METCON / STR
4:30PM METCON
5:30PM STR

THURSDAY

5:00AM S&C
6:30AM S&C
9:15AM S&C
4:30PM S&C
5:30PM S&C
6:30PM SURFER STRENGTH

FRIDAY

5:00AM TEAM DAY
6:30AM METCON / STR
9:15AM METCON / STR

SATURDAY

6:00AM METCON
7:00AM S&C

LEAN
PERFORMANCE