

	Monday	Tuesday	Wednesday	Thursday	Friday
Week one 19th Nov—23rd Nov	Core Conditioning 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	Cardio Blitz 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	HIIT Circuit 6:15am – 7:00am NAC Court yard
	Cardio Blitz 6:00pm – 6:45pm Magpies Gym or NAC Court yard	Box Fit 5:30pm – 6:30pm Napier Boxing on Carlyle St	HIIT Circuit 6:45pm – 7:30pm Magpies Gym	Swim Fit 7:00pm – 7:45pm Ivan Wilson Pool	Body Tone 6:00pm – 6:45pm Magpies Gym
Week two 26th Nov—30th Nov	Core Conditioning 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	Cardio Blitz 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	HIIT Circuit 6:15am – 7:00am NAC Court yard
	Cardio Blitz 6:00pm – 6:45pm Magpies Gym or NAC Court yard	Box Fit 5:30pm – 6:30pm Napier Boxing at Carlyle St	HIIT Circuit 6:45pm – 7:30pm Magpies Gym	Swim Fit 7:00pm – 7:45pm Ivan Wilson Pool	Body Tone 6:00pm – 6:45pm Magpies Gym
Week three 3rd Dec—7th Dec	Core Conditioning 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	Cardio Blitz 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	HIIT Circuit 6:15am – 7:00am NAC Court yard
	Cardio Blitz 6:00pm – 6:45pm Magpies Gym or NAC Court yard	Box Fit 5:30pm – 6:30pm Napier Boxing at Carlyle St	HIIT Circuit 6:45pm – 7:30pm Magpies Gym	Swim Fit 7:00pm – 7:45pm Ivan Wilson Pool	Body Tone 6:00pm – 6:45pm Magpies Gym
Week four 10th Dec—14th Dec	Core Conditioning 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	Cardio Blitz 6:15am – 7:00am NAC Court yard	Aqua Burn 6:45am – 7:30am Deep Pool	HIIT Circuit 6:15am – 7:00am NAC Court yard
	Cardio Blitz 6:00pm – 6:45pm Magpies Gym or NAC Court yard	Box Fit 5:30pm – 6:30pm Napier Boxing at Carlyle St	HIIT Circuit 6:45pm – 7:30pm Magpies Gym	Swim Fit 7:00pm – 7:45pm Ivan Wilson Pool	Body Tone 6:00pm – 6:45pm Magpies Gym