


	MORNING			EVENING		
	08:30 - 09:30	09:30 - 10:30	10:30 - 17:00	17:30- 18:30	18:30 - 19:30	19:30 - 20:30
MONDAY	OLYMPIC WEIGHTLIFTING	OLYMPIC WEIGHTLIFTING		OLYMPIC WEIGHTLIFTING	OLYMPIC WEIGHTLIFTING	OLYMPIC WEIGHTLIFTING
TUESDAY	CROSSFIT Push / Pull	CROSSFIT Push / Pull		CROSSFIT Push / Pull	CROSSFIT Push / Pull	CROSSFIT Push / Pull
WEDNESDAY	CROSSFIT Lower Body	CROSSFIT Lower Body		CROSSFIT Lower Body	CROSSFIT Lower Body	CROSSFIT Lower Body
THURSDAY	GYMNASTICS	AERO-DYNAMIC Aerobic Conditioning			AERO-DYNAMIC Aerobic Conditioning	GYMNASTICS
FRIDAY	CROSSFIT Hinge	CROSSFIT Hinge		CROSSFIT Hinge	CROSSFIT Hinge	CROSSFIT Hinge
SATURDAY	09:00 - 10.00 TEAM DC Team Wod	10.15 - 11.15 DYNAMIC KIDS				
SUNDAY	09:00 - 10.00 DYNAMIC KIDS	10.00 - 11.00 INTRODUCTION				



OPEN GYM

We also offer set **Open Gym times** which allows members to utilise our training equipment and facility for additional training, the practice of skills or for additional personal development outside of our regular classes.