

## Hornsby Squads Term 3 Timetable Starting 23<sup>rd</sup> July to 28<sup>th</sup> September 2024



### RED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3.30 – 4.30pm	3.30 – 4.30pm	3.30 – 4.30pm		3.30 – 4.30pm	7.00 – 8.00am

### BRONZE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.30 – 5.45pm	5.30 – 7.00am 4.30 – 5.45pm	4.30 – 5.45pm	5.30 – 7.00am Hybrid Gym	4.30 – 5.45pm	7.00 – 8.30am

### SILVER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30 – 7.00am 4.30 – 5.45pm	5.30 – 7.00am Hybrid Gym	5.30 – 7.00am 4.30 – 6.15pm	5.30 – 7.00am Hybrid Gym	4.30 – 6.15pm	7.00 – 9.00am

### PLATINUM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30 – 7.00am 5.45 – 7.00pm	5.45 – 7.00pm	5.30 – 7.00am	5.30 – 7.00am	5.30 – 7.00am 5.45 – 7.00pm	7.00 – 8.30am

### GOLD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30 – 7.00am 4.30 – 5.45pm	5.30 – 7.00am Hybrid Gym	5.30 – 7.00am 4.30 – 6.15pm	5.30 – 7.00am Hybrid Gym	5.30 – 7.00am 4.30 – 6.15pm	7.00 – 9.00am

PLEASE NOTE : All Squads will be CLOSED on all Public Holidays

All sessions need to book through the Udio portal

All Gold Squad 2 gym sessions per week

All Silver and Bronze 1 gym session per week

