

Hornsby Squads Term 4 Timetable Starting 14th October to 20th December 2024



RED

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

BRONZE

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

SILVER

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

PLATINUM

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

GOLD

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

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 1/2 and Bronze 1 gym session per week

