



**GX TIMETABLE
INNOVATION CAMPUS
STARTS MONDAY 6th JULY**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|----------|
| 6:00AM | | | | | |
| OUTDOORS XTRAIN <i>45mins</i> | | OUTDOORS XTRAIN <i>45mins</i> | | OUTDOORS XTRAIN <i>45mins</i> | |
| 9:00AM | | | | | |
| HEALTH 4 LIFE <i>45mins</i> | SENIORS OUTDOORS <i>45mins</i> | HEALTH 4 LIFE <i>45mins</i> | SENIORS OUTDOORS <i>45mins</i> | HEALTH 4 LIFE <i>45mins</i> | |
| 12:15PM | | | | | |
| FMT ATHLETIC <i>30mins</i> | CARDIO CORE <i>30mins</i> | FMT ATHLETIC <i>30mins</i> | CARDIO CORE <i>30mins</i> | | |