

THE FIT LAB ATHLETE ACADEMY

THE FIT LAB HIGH PERFORMANCE CENTRE SESSION TIMES

COMMENCING 23 JANUARY 2023
TERM 1 23.01.2023 - 31.03.2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am - 6:30am FIT SQUAD	5am - 6:30am Athlete Academy 5:30am - 6:30am FIT SQUAD	5:30am - 6:30am FIT SQUAD	5am - 6:30am Athlete Academy 5:30am - 6:30am FIT SQUAD	5:30am - 6:30am FIT SQUAD
6:30am - 8:00am ST MARY'S	6:30am - 8:00am ST MARY'S	6:30am - 8:00am ST MARY'S	6:30am - 8:00am ST MARY'S	6:30am - 8:00am Athlete Academy
PLEASE NOTE NEW START TIMES OF 3:30 AND 4:00 PM FOR AFTERNOON SESSION				
3:30pm - 4:30pm <u>OR</u> 4:00pm - 5:00pm Athlete Academy	3:30pm - 4:30pm <u>OR</u> 4:00pm - 5:00pm Athlete Academy	3:30pm - 4:30pm <u>OR</u> 4:00pm - 5:00pm Athlete Academy	3:30pm - 4:30pm <u>OR</u> 4:00pm - 5:00pm Athlete Academy	3:30pm - 4:30pm <u>OR</u> 4:00pm - 5:00pm Athlete Academy
5:15pm - 6:00pm FIT SQUAD	5:15pm - 6:00pm FIT SQUAD	5:15pm-6:00pm FIT SQUAD	5:15pm - 6:00pm FIT SQUAD	5:15pm - 6:00pm FIT SQUAD
6pm - 7pm Western Clydesdales U21's	6pm - 7pm SWQ Thunder	6pm - 7pm Western Clydesdales QCUP	6pm - 7pm SWQ Thunder	6pm - 7pm Western Clydesdales U21's

07 4638 7645

WWW.FITLAB.COM.AU

DANIEL@FITLAB.COM.AU