



EQ Strength & Conditioning Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	Members Class	Members Class	Members Class	Members Class	Members Class	
6.30 am to 11.30 am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
7.00 am						Members Class
7.30 am	Members Class	Members Class	Members Class	Members Class	Members Class	
8.00 am						Members Class
9.00 am						Members Class
9.30 am	Members Class	Members Class	Members Class	Members Class	Members Class	
10.00 am						Members Class
1.00 pm						Personal Training
4.00 pm to 9.00 pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
4.00 pm	Members Class	Members Class	Members Class	Members Class	Members Class	
5.00 pm	Members Class	Members Class	Members Class	Members Class	Members Class	
6.00 pm	Members Class	Members Class	Members Class	Members Class	Members Class	
7.00 pm	Members Class	Members Class	Members Class	Members Class	Members Class	
8.00pm - 9.00pm	Male Transformation	Female Transformation	Male Transformation	Female Transformation		