

Nova Refurbishment Workouts

Nova

Accurate as of 25/02/2021

Times for Friday 22 January



Time	Session	Facility	Type
6:30 am - 7:15 am	Strength & Conditioning	Studio	Nova Refurbishment
7:30 am - 8:15 am	Cardio	Studio	Nova Refurbishment
8:30 am - 9:15 am	Full Body Workout	Studio	Nova Refurbishment
2:00 pm - 2:45 pm	Strength & Conditioning	Studio	Nova Refurbishment
3:00 pm - 3:45 pm	Cardio	Studio	Nova Refurbishment
4:00 pm - 4:45 pm	Supervised Junior Session - Strength & Conditioning	Studio	Nova Refurbishment