

NEWCASTLE CAVE CLASS TIMETABLE

MON	6:15am EARLY MIXED CLASS Tina Roach 45 Mins	09:30am CAVE MIXED CLASS Chris Jebb 45 Mins	5:30pm CAVE MIXED CLASS Scott Brian 45 Mins	6:30pm CAVE MIXED CLASS Scott Brian 45 Mins	7:30pm CAVE MIXED CLASS Chris Jebb 45 Mins		
	6:00am GROUP SESSION - Upper Body Hypertrophy Matt Deeming 60 Mins	6:00am SPINNING Kieron McAvoy 45 Mins	9:30am CAVE MIXED CLASS Chris Jebb 45 Mins	4:30pm CAVE MIXED CLASS Dan Hayward 45 Mins	5:30pm CAVE MIXED CLASS Dan Hayward 45 Mins	6:30pm CAVE MIXED CLASS Dan Hayward 45 Mins	7:30pm SPINNING Jay Andrews 45 Mins
WED	6:00am GROUP SESSION - Body Blast Scott Brian 60 Mins	9:30am CAVE MIXED CLASS Samantha Brian 45 Mins	5:30pm CAVE MIXED CLASS Samantha Brian 45 Mins	6:30pm CAVE MIXED CLASS Samantha Brian 45 Mins	7:30pm CAVE MIXED CLASS Samantha Brian 45 Mins		
	6:00am GROUP SESSION - Legs Dan Hayward 60 Mins	6:15am EARLY MIXED CLASS Tina Roach 45 Mins	9:30am CAVE MIXED CLASS Dan Hayward 45 Mins	4:30pm CAVE MIXED CLASS Paul Shaw 45 Mins	5:30pm CAVE MIXED CLASS Paul Shaw 45 Mins	6:30pm CAVE MIXED CLASS Paul Shaw 45 Mins	7:30pm CAVE MIXED CLASS Tessa Williams 45 Mins
FRI	6:15am EARLY MIXED CLASS Tessa Williams 45 Mins	9:30am CAVE MIXED CLASS Tessa Williams 45 Mins	5:00pm CAVE WOD Kieron McAvoy 45 Mins	6:00pm CAVE WOD Kieron McAvoy 45 Mins			
	8:00am CAVE MIXED CLASS Tina Roach 45 Mins	9:00am GROUP SESSION - Legs Scott Brian 60 Mins	11:00am GROUP SESSION - Strongman / Woman Scott Brian 60 Mins				
SAT	8:00am SPINNING Lorraine Smith 45 Mins	9:00am CAVE MIXED CLASS Tina Roach 45 Mins	10:00am GROUP SESSION - Upper Body Hypertrophy Samantha Brian 60 Mins	4:00pm CAVE MIXED CLASS Tina Roach 45 Mins			