



AUTUMN TIMETABLE 2026

TIME	MON	TUES	WED	THURS	FRI	SAT
MORNING						
5.00am	METCON 30 MIN	STRENGTH AND POWER Upper Body 30 MIN	STRENGTH AND POWER Legs 30 MIN	METCON 30 MIN	ABT/ BOOTY BANDS 30 MIN	6.30 AM TEAM BUILDING ATHLETIC TRAINING 45mins
5.30am	CORE 30 MIN	BODYWEIGHT CARDIO 20 MIN	BODYWEIGHT CARDIO 20 MIN	CORE 30 MIN	METCON 30 MIN	7.30 AM Stretch 30 MIN
6.00am	ABT/BOOTY BANDS 30 MIN	STRENGTH AND POWER Upper Body 30 MIN	STRENGTH AND POWER Legs 30 MIN	METCON 30 MIN	CORE 30 MIN	8.00 AM BOXING FOR FITNESS 30 MIN
AFTERNOON						
4.45pm	STRENGTH AND POWER upper body 30 MIN	METCON 30 MIN	STRENGTH AND POWER Legs 30 MIN	METCON 30 MIN	ABT / BOOTY BANDS 30 MIN	
5.30pm	STRENGTH AND POWER upper body 30 MIN	METCON 30 MIN	STRENGTH AND POWER Legs 30 MIN	METCON 30 MIN	BOXING FOR FITNESS 30 MIN	

ARRIVE EARLY. RESPECT THE SESSION.

AAA sessions start on time — not when you walk in. If you arrive late, you miss the brief. That puts you at risk and disrupts the flow for everyone else. Morning sessions especially run back-to-back, and members rely on finishing on time to get to work. Turning up right on or after start time isn't just unsafe — it's unfair to those who showed up ready. **Be there 10 minutes early.**

Set up. Warm up. Be switched on