

# The Powerhouse Gym

Realise your potential. Achieve your goals.

	Strength Building Class											
	07:00	08:00	09:00	10:00	11:00	12:00	Closed	18:00	19:00	20:00	21:00	22:00
Monday	Advanced Level	Pro Level			Beginner Level			Group Class				
Tuesday		Pro Level		Beginner Level		Group Class		Advanced Level				
Wednesday	Group Class	Pro Level			Advanced Level	Beginner Level					Beginner Level	
Thursday		Advanced Level			Pro Level	Group Class		Beginner Level		Pro Level		
Friday	Pro Level	Group Class			Advanced Level			Beginner Level			Pro Level	
Saturday	Advanced Level			Beginner Level					Pro Level	Group Class		
Sunday		Advanced Level			Beginner Level	Pro Level		Group Class				

	Cardio HIIT Class											
	07:00	08:00	09:00	10:00	11:00	12:00	Closed	18:00	19:00	20:00	21:00	22:00
Monday	Beginner Level		Pro Level		Advanced Level			Group Class				
Tuesday		Pro Level			Beginner Level	Group Class		Advanced Level				
Wednesday	Beginner Level		Pro Level		Advanced Level				Group Class			
Thursday		Advanced Level			Pro Level	Group Class		Beginner Level				
Friday	Beginner Level		Pro Level		Advanced Level				Group Class			
Saturday	Group Class			Beginner Level		Advanced Level			Pro Level			
Sunday		Group Class			Beginner Level	Pro Level		Advanced Level				

## Social

