

# Connect30 Timetable

WINTER 2024



	MON	TUES	WED	THURS	FRI
6:15am		C30 Aerobic		C30 Strength	
12:15pm		C30 Aerobic		C30 Strength	
5:30pm	C30 Strength		C30 Functional		
7:00pm		C30 Aerobic		C30 Strength	