

Connect30 Timetable

WINTER 2024



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