

Fitness						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	PM	7:00	8:00	1:00	Otumoetai	Riccardo Pini
Tuesday	AM	7:30	8:15	0:45	Otumoetai	Tai Daniela
Tuesday	PM	6:30	7:30	1:00	Greerton	Tai Daniela
Wednesday	PM	7:00	8:00	1:00	Otumoetai	Riccardo Pini
Thursday	AM	7:30	8:15	0:45	Otumoetai	Tai Daniela
Thursday	PM	6:30	7:30	1:00	Greerton	Tai Daniela
Friday	PM	5:30	6:30	1:00	Otumoetai	Riccardo Pini

Senior Fitness						
Day	AM/PM	Start	Finish	Duration	Venue	Coach
Monday	AM	6:00	7:30	1:30	Otumoetai	Tai Daniela
Tuesday	AM	6:00	7:30	1:30	Otumoetai	Tai Daniela
Wednesday	AM	6:00	7:30	1:30	Otumoetai	Riccardo Pini
Thursday	AM	6:00	7:30	1:30	Otumoetai	Tai Daniela
Friday	AM	6:00	7:30	1:30	Otumoetai	Riccardo Pini
Saturday	AM	7:00	9:00	2:00	Otumoetai	Mike Lee