

Class timetable - Open Training (Wk 5, wk starting 17/08/2026)

	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM	09:00PM
Monday 17/08/2026	Acro Studio; GC3; GC4; MS1; MS2; MS3; MS4; Top Studio												
	Link Studio												
Tuesday 18/08/2026	Acro Studio; GC3; GC4; MS1; MS2; MS3; MS4; Top Studio												
	Link Studio												
Wed 19/08/2026	Acro Studio; MS1; MS2; MS3; MS4; Top Studio												
	Link Studio												
Thursday 20/08/2026	Acro Studio; MS1; MS2; MS3; MS4; Top Studio												
	Link Studio												

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	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM	09:00PM
Friday 21/08/2026	Acro Studio; MS1; MS2; MS3; MS4; Top Studio												
	Link Studio												
Saturday 22/08/2026			Acro Studio; GC1; GC2; GC3; GC4; MS1; MS2; MS3; MS4; Top Studio										
			Link Studio										