

STRENGTH & CONDITIONING | TIMETABLE

TUESDAY

4:45PM
SUFFER S&C
COACH CAM

WEDNESDAY

7:00AM
DILIGENT
S & C
COACH LEIGH
(Beginner Friendly)

THURSDAY

4:45PM
SUFFER S&C
COACH CAM

SATURDAY

7:00AM
FLOWBILITY
YOGA
COACH LUCI

9:00AM
DILIGENT
S & C
COACH LEIGH
(Beginner Friendly)

Victorious

VICTORIOUS GYM, 50 ANNERLEY ROAD WOOLLOONGABBA

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