

OCL Active



Conditioning Suite

Please book for circuits & 50+ sessions

Monday-Thursday 7.00am-8.30pm

Friday 7.00am-8.00pm

Saturday, Sunday 8.00am-6.30pm

MONDAY	7.00 – 10.30 Women Only	10.30 – 11.30 50 + Session	11.30 – 12.30 Easyline Circuit	12.30 – 1.30 Easyline Circuit	1.30 – 6.30 Public Session		6.30 – 7.30 Private Booking	7.30 – 8.30 Women Only
TUESDAY	7.00 – 10.00 Public Session	10.00 – 12.30 Private Session	12.30 – 1.30 50 + Session	1.30 – 2.30 Easyline Circuit	2.30 – 6.00 Public			6.00 – 8.30 Women Only
WEDNESDAY	7.00 – 9.30 Women Only	9.30 – 10.30 Women only circuit	10.30 – 11.30 Easyline Circuit	11.30 – 12.30 Easyline Circuit	12.30 – 1.30 50+ session	1.30 – 2.30 Public	2.30 – 3.30 Private Booking	3.30 – 8.30 Women only
THURSDAY	7.00 – 10.00 Public Session	10.00 – 12.00 Private session	12.00 – 1.00 Women only	1.00 – 2.00 Easyline Circuit	2.00 – 6.00 Public		6.00 – 7.00 Easyline Circuit	7.00 – 8.30 Women Only
FRIDAY	7.00 – 11.30 Women Only		11.30 – 2.30 Private Session		2.30 – 8.00 Public			
SATURDAY	8.00 – 9.30 Public Session	9.30 – 10.30 Easyline Cricuit	10.30 1.30 Public		1.30 – 2.30 Easyline Circuit	2.30 – 6.30 women only		
SUNDAY	8.30 – 12.30 Public Session			12.30 – 1.30 Easyline Cricuit	1.30 – 6.30 Public Session			