



Conan Fitness COVID-19 Notice Update

12 May 2020

Hello Warriors,

With the easing of more restrictions in WA we will be able to re-commence group training and personal training services back in the gym from this Monday, 18th. :)

There will be some restrictions still in place so it means all sessions will need to be by appointment or booking to manage numbers, casual gym still being unavailable for the time being. So please book in as usual and there will also be a guidance plan to adhere to (which isn't even out yet).

This mean **ALL** sessions will be back at the gym unless specified separately.

The below timetable will be the schedule of classes from Monday 18th. While the session plans will attempt to reflect the style of class as much as possible the composition will be effected by the use of equipment.

GROUP TRAINING TIMETABLE						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	Steelworks	Build & Rip	Steelworks	Build & Rip	Circuit	
6:20am	Bodyworks	Circuit	Bootcamp	Bodyworks	Circuit	
						7:00am Bootcamp
						8:00am Bootcamp
5:00pm	Circuit	Bodyworks	Circuit	Bodyworks	Warrior Workout of the Week	
6:00pm	Bootcamp	Steelworks	Build & Rip	Circuit		

Let us know if you need us to un-suspend your membership to book in. Please book in via the MindBody app and hope to see you all soon. Remember - All are welcome! Bring along your friends and colleagues :)

If you have any issues at all simply contact us on the details below.

The Conan Team

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