



ROC CLASS SCHEDULE



22
CLASSES A
WEEK

MONDAY


6AM | Group PT 
April Morley, Josh O'Connor 




12PM & 6:30PM | ROCFIT 
April Morley, Josh O'Connor 



TUESDAY

8AM & 6PM & 7PM | Group PT 
April Morley, Josh O'Connor 



WEDNESDAY


6AM | Group PT 
April Morley, Josh O'Connor 

12PM & 6:30PM | ROCFIT 
April Morley, Josh O'Connor 


6PM | RUN CLUB 
Reece O'Connor

THURSDAY

8AM & 6PM & 7PM | Group PT 
April Morley, Josh O'Connor 

12PM | ROCSTRONG 
April Morley, Josh O'Connor 


FRIDAY

6AM & 12PM | ROCFIT PAIRS 
April Morley, Josh O'Connor 


SATURDAY

8AM | Group PT 
Reece O'Connor 

9:30AM | ROCSTRONG 
Reece O'Connor 


10:30AM | Team Training 
Josh O'Connor

SUNDAY

8AM | Group PT 
April Morley 

9AM | RUN CLUB 
Reece O'Connor

9:30AM | ROCSTRONG 
April Morley 

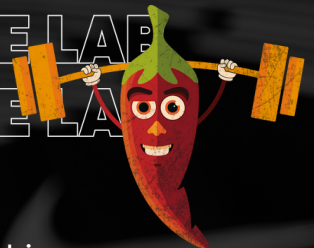

BUILT IN THE LAB





BUILT IN THE LAB

BUILT IN THE LAB

BUILT IN THE LAB

BUILT IN THE LAB



-  Standard Membership
-  Gold / Silver ROC Group PT Membership
-  Platinum ROC Group PT Membership
-  No Membership Required