



JANUARY GYMSPORTS CAMP - 19TH JAN TO 23RD JAN 2026 (Draft 2)

WAG & MAG

GROUPS:	A	B	C	D	E	F
GYMSPORT	MAG	WAG	WAG	WAG	WAG	WAG

ROTATIONS	Mon 19th Jan						ROTATIONS	Tue 20th Jan						ROTATIONS	Wed 21st Jan					
Group	A	B	C	D	E	F	Group	A	B	C	D	E	F	Group	A	B	C	D	E	F
Numbers							Numbers							Numbers						
9am to 9:15am	Daily Welcome and Check-in, Updates & Information																			
9:15am to 9:30am	Group Power Chat						9:15am to 9:45am	Group Warm Up						9:15am to 9:45am	Group Warm Up					
9:30am to 10:00am	Group Warm Up						9:45am to 10:30am	VT	DA	UB	FX	TRP	BB	9:45am to 10:30am	HB	BB	VT	DA	UB	FX
10:00am to 10:45am	FX	TRP	BB	VT	DA	UB	10:30am to 11:15am	PB	VT	DA	UB	FX	TRP	10:30am to 11:15am	FX	TRP	BB	VT	DA	UB
10:45am to 11:30am	PH	FX	TRP	BB	VT	DA	11:15am to 12pm	HB	BB	VT	DA	UB	FX	11:15am to 12pm	PH	FX	TRP	BB	VT	DA
11:30am to 12:15pm	RX	UB	FX	TRP	BB	VT	12pm to 12:15pm	Group Power Chat						12pm to 12:15pm	Group Activity					
12:15pm to 12:45pm	Lunch																			
12:45pm to 1:15pm	Group Warm Up																			
1:15pm to 2pm	VT	DA	UB	FX	TRP	BB	1:15pm to 2pm	FX	TRP	BB	VT	DA	UB	1:15pm to 2pm	RX	UB	FX	TRP	BB	VT
2pm to 2:45pm	PB	VT	DA	UB	FX	TRP	2pm to 2:45pm	PH	FX	TRP	BB	VT	DA	2pm to 2:45pm	VT	DA	UB	FX	TRP	BB
2:45pm to 3:30pm	HB	BB	VT	DA	UB	FX	2:45pm to 3:30pm	RX	UB	FX	TRP	BB	VT	2:45pm to 3:30pm	PB	VT	DA	UB	FX	TRP
3:30pm to 3:45pm	Group Stretch and Cool Down																			
3:45pm to 4pm	Group Wrap Up																			

TRP, DMT, TUM & AER

ROTATIONS	Thu 22nd Jan			
Group	G	H	I	J
Numbers				
9am to 9:15am	Welcome & Updates			
9:15am to 9:30am	Group Power Chat			
9:30am to 10am	Group Warm Up			
10am to 10:45am	TRP	TUM	DMT	AER
10:45am to 11:30am	DMT	TRP	TUM	AER
11:30am to 12:15pm	TUM	DMT	TRP	AER
12:15pm to 12:45pm	Lunch			
12:45pm to 1:15pm	Group Warm Up			
1:15pm to 2pm	TRP	TUM	DMT	AER
2pm to 2:45pm	DMT	TRP	TUM	AER
2:45pm to 3:30pm	TUM	DMT	TRP	AER
3:30pm to 3:45pm	Stretch & Cool Down			
3:45pm to 4pm	Wrap Up			

ROTATIONS	Fri 23rd Jan		
Group	G	H	I
Numbers			
9am to 9:15am	Updates		
9:15am to 9:45am	Group Warm Up		
9:45am to 10:30am	TRP	TUM	DMT
10:30am to 11:15am	DMT	TRP	TUM
11:15am to 12pm	TUM	DMT	TRP
12pm to 12:15pm	Group Activity		
12:15pm to 12:45pm	Lunch		
12:45pm to 1:15pm	Group Warm Up		
1:15pm to 2pm	TRP	TUM	DMT
2pm to 2:45pm	DMT	TRP	TUM
2:45pm to 3:30pm	TUM	DMT	TRP
3:30pm to 3:45pm	Cool Down		
3:45pm to 4pm	Wrap Up		

GROUPS:	G	H	I	J
GYMSPORT	TRP	TRP	TRP	AER

COSTING:	\$
1 Day (AER)	60
1 Day (All Others))	100
2 Days	190
3 Days	250

NOTE: Awaiting confirmation of Strength Sessions by "OneLife" team which will be slotted in to replace 1 session for each group above.