

ARMOUR UP TIMETABLE

2024 | MELBOURNE METRO

PHASE ONE: APRIL-JUNE PHASE TWO: JULY-SEPT

	ELITE	ROOKIES	LITTLE GIANTS	MINI GIANTS	ADD ON
WEST	MON 5:30PM IRON FIT ■ WED 5:30PM STRENGTH ▲ FRI 5:00PM LOCKER ROOM MENTORING ★	MON 5:30PM IRON FIT ■ WED 5:30PM STRENGTH ▲ FRI 5:00PM LOCKER ROOM MENTORING ★	MON 4:45PM IRON FIT ■	MON 4:45PM IRON FIT ■	SEE 'SCHOOL HOLIDAY PROGRAMS'
SOUTH/EAST	MON 5:30PM STRENGTH ▲ WED 5:00PM IRON FIT ■ FRI 5:00PM LOCKER ROOM MENTORING ★	MON 5:30PM STRENGTH ▲ WED 5:00PM IRON FIT ■ FRI 5:00PM LOCKER ROOM MENTORING ★	N/A	N/A	SEE 'SCHOOL HOLIDAY PROGRAMS'
COMING SOON MELB EAST MELB NORTH					

*Timetable is subject to change

LOCATION KEYS

- FIELD 1 - TRUGANINA Mainview Reserve
- FIELD 1 - DOVETON 175 Kidds Rd
- ▲ GYM - IRON PLAYGROUND 65/65/67 Hallam S Rd, Hallam
- BEACH - ALTONA 103 Esplanade
- BEACH - MORDIALLOC Peter Scullin Reservation
- ▲ GYM - PRO PHYSIO+ 6/387 Old Geelong Rd, Hoppers Crossing
- ▲ GYM - OPTIMAL CARE 583 Keilor Rd, Niddrie
- ★ ZOOM / ONLINE See Access Codes