

Gym times for casuals:

Tuesday, Thursday & Friday morning 7am - 8am

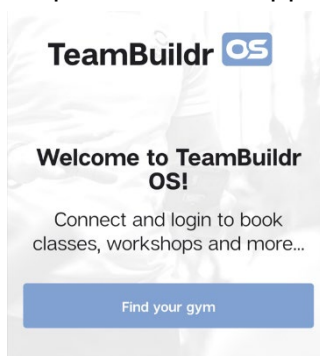
Spots are strictly limited to 20 per session. Years 7 to year 12.

Boys in year 7 and year 8 must go through the Levels program which will teach them correct movement patterns, proper technique, and gym safety. This also applies to boys in years 9 -12 with no gym experience.

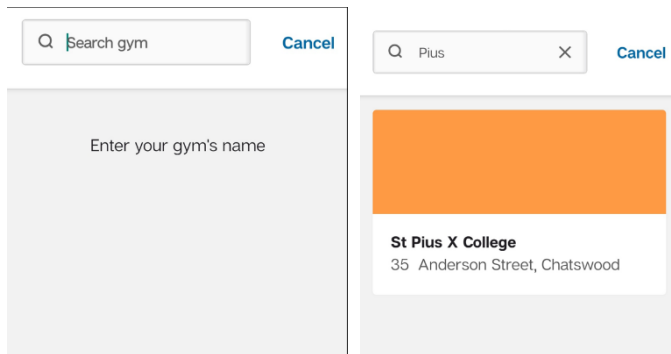
Bookings are made via the TeamBuildr OS app.

Students should download app on their mobile or parents mobile and create an account under their son's name – not parent.

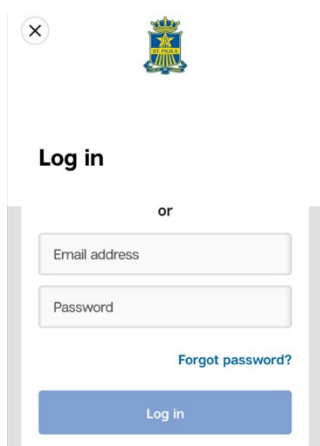
Step1: Download App – Team Buildr OS



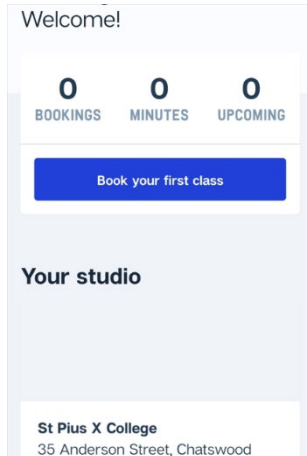
Step 2: Find your gym : St Pius X College



Step 3: Create an account : Student Details



Step 4: Home page :



Step 5: Select “Book your first class”

Step 6: View of Timetable > select day > tap on **Casual Gym Class** and follow the prompts:

