



Timetable October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 –6.15am: Strength & Conditioning	5.30-6.15am: Strength & Conditioning	5.30-6.15am: Strength & Conditioning	5.30-6.15am: Strength & Conditioning	5.30-6.15am Strength & Conditioning	6.15-7.00am Strength & Conditioning	
					7.15-8.00am ** Strength & Conditioning	
9.15-10.00am: ** Strength & Conditioning	9.15-10.00am** Pilates	9.15-10.00am: ** Strength & Conditioning	9.15-10.00am: ** Strength & Conditioning	9.15-10.00am: ** Strength & Conditioning		
		4.30-5.00pm (term time) Kids' Bootcamp	4.30-5.00pm (term time) Kids' Bootcamp			4.00-5.00pm Yoga
5.15-6.00pm: Strength & Conditioning	5.15-6.00pm Strength & Conditioning	5.15-6.00pm: Strength & Conditioning	5.15-6.00pm: Strength & Conditioning			
6.00-6.45pm Strength/Lifting	6.15-7.00pm: Strength & Conditioning	6.00-6.45pm Strength/Lifting	6.15-7.00pm: Strength & Conditioning			

** = Babysitting Available