

GYM TIMETABLE - CURRENT - JULY 2019

Day	Start Time	Finish Time	Class
Monday	7.00AM	8.00AM	NO CLASSES
	8.00AM	9.00AM	FIT FOR LIFE
	9.00AM	10.00AM	SUPERVISED GYM
	10.00AM	5.00PM	NO CLASSES
	5.00 PM	6.00 PM	SUPERVISED GYM
Tuesday	7.00AM	8.00AM	NO CLASSES
	8.00AM	9.00AM	FIT FOR LIFE
	9.00 AM	10.00 AM	OSTEOPOROSIS CLASS
	10.00 AM	11.00 AM	OSTEOPOROSIS CLASS
	11.00AM	5.00PM	NO CLASSES
	5.00 PM	6.00 PM	FIT FOR LIFE
Wednesday	7.00AM	5.00PM	NO CLASSES
	5.00PM	6.00PM	SUPERVISED GYM
Thursday	7.00AM	8.00AM	NO CLASSES
	8.00 AM	9.00 AM	FIT FOR LIFE
	9.00AM	10.00AM	OSTEOPOROSIS CLASS
	10.00AM	11.00AM	OSTEOPOROSIS CLASS
	11.00AM	5.00PM	NO CLASSES
	5.00 PM	6.00 PM	FIT FOR LIFE
Friday	7.00AM	9.00AM	NO CLASSES
	9.00AM	10.00AM	SUPERVISED GYM
	10.00AM	6.00PM	NO CLASSES
Saturday	7.00AM	9.00AM	NO CLASSES
	9.00AM	10.00AM	FIT FOR LIFE
	10.00AM	1.00PM	NO CLASSES