

Group Session Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8am	Group Personal Training	Exercise Physiology	Group Personal Training	Exercise Physiology	Group Personal Training	Boxercise	
9am	Exercise Physiology		Exercise Physiology Group		Exercise Physiology	Exercise Physiology Group	Group Personal Training
10am		Exercise Physiology Group			Exercise Physiology Group	Exercise Physiology	Exercise Physiology
11am		Exercise Physiology Group	Exercise Physiology				
12pm		Exercise Physiology			Exercise Physiology Group		
1-3pm			Exercise Physiology				
4pm		Exercise Physiology Group			Group Personal Training		
5pm	Group Personal Training	Group Personal Training	Group Personal Training				
6pm	Group Personal Training	Group Personal Training	Exercise Physiology				

1 on 1 sessions may be booked during all opening hours, please enquire to make a booking in an available time slot.