

	Mon	Tues	Wed	Thurs	Fri	Sat
6.00am	6.00am Fitness Reformer			6.00am Fitness Reformer		
6.50am						
7.00am	7.00am Fitness Reformer			7.00am Fitness Reformer		
7.20am			7.40am	7.20am		
8.00am		8.00am	8.00am	8.00am	8.00am	
8.20am						8.20am
8.40am	8.40am	8.40am	8.40pm	8.40am	8.40am	
9.00am						9.00am
9.20am	9.20am	9.20am	9.20am	9.20am	9.20am	
9.40am						9.40am
10.00am	10.00am	10.00am	10.00am	10.00am	10.00am	
10.20am						10.20am
10.40am	10.40am	10.40am	10.40am	10.40am	10.40am	
11.00am						11.00am
11.20am	11.20am		11.20am		11.20am	
11.40am						11.40am
12.00pm			12.00pm		12.00pm	
12.20pm						12.20pm
12.40pm		1.00pm		12.40pm	12.40pm	
1.00pm						
1.20pm						
1.40pm						
2.00pm						
2.20pm	2.20pm					
2.40pm						
3.00pm	3.00pm					
3.20pm				3.20pm		
3.40pm						
4.00pm	4.00pm	4.00pm		4.00pm		
4.20pm						
4.40pm	4.40pm		4.40pm			
5.00pm						
5.20pm	5.20pm	5.20pm	5.20pm	5.20pm		
5.40pm						
6.00pm	6.00pm	6.00pm	6.00pm	6.00pm		
6.20pm						
6.40pm	6.40pm	6.40pm	6.40pm	6.40pm		
7.00pm						
7.20pm	7.20pm	7.20pm	7.20pm	7.20pm		
7.40pm						
8.00pm			8.00pm	8.00pm		
8.20pm						

