

# EFFECTIVE 1ST DECEMBER 2014

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am to 10:00am	ONE TO ONE SESSION	SUSPENSION TRAINING CLASS	ONE TO ONE SESSION	SUSPENSION TRAINING CLASS	ONE TO ONE SESSION	WILDCARD GROUP SESSION
10:15am to 11:15am	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION
11:30am to 12:30pm	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION
12:30pm to 4:00pm	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:00pm to 5:00pm	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	
5:15pm to 6:15pm	ONE TO ONE SESSION	SUSPENSION TRAINING CLASS	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	
6:30pm to 7:30pm	CIRCUIT TRAINING GROUP SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	ONE TO ONE SESSION	
7:45pm to 8:45pm	CIRCUIT TRAINING GROUP SESSION	ONE TO ONE SESSION	BODYFIT / WILDCARD (DEPENDING ON KEN)	BODYFIT / WILDCARD (DEPENDING ON KEN)	CLOSED	
		Notes:				
		* Wildcard Group Sessions are Fitness Activities that Changes every week. Check with us to find out whats on this week!				