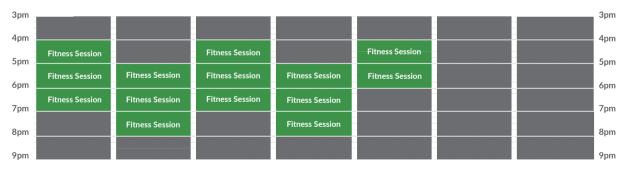
Fitness Programme 10th-16th August

Please note our programmes will be reviewed daily. For an accurate and up to date timetable please see the online booking system.

6am	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th	Sunday 16th	6am
7am	Fitness Session		Fitness Session		Fitness Session			7am
8am	Fitness Session		8am					
9am =	Fitness Session		9am					
10am -	Fitness Session	Fitness Session			Fitness Session	Fitness Session		10am 11am
12pm								12pm



All fitness sessions MUST be pre-booked online using our booking online system.

Please do not turn up without a pre-arranged booking.

Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

