

# 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.

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

3pm								3pm
4pm	Fitness Session		Fitness Session		Fitness Session			4pm
5pm	Fitness Session	Fitness Session	Fitness Session	Fitness Session	Fitness Session			5pm
6pm	Fitness Session	Fitness Session	Fitness Session	Fitness Session				6pm
7pm								7pm
8pm		Fitness Session		Fitness Session				8pm
9pm								9pm

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.