

Station Sports Centre Group Exercise Programme

31st August - 6th September

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

	Monday 31st		Tuesday 1st		Wednesday 2nd		Thursday 3rd		Friday 4th		Saturday 5th		Sunday 6th			
	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym	Class	Gym		
6am															6am	
7am						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		Fitness Session	9am	
10am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	10am	
11am	BANK HOLIDAY		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		11am	
12pm			Cycle		Kettlebells		Cycle								12pm	
1pm																1pm
2pm																2pm
3pm																3pm
4pm					Fitness Session				Fitness Session							4pm
5pm					Fitness Session		Fitness Session		Fitness Session		Fitness Session					5pm
6pm					Fitness Session		Fitness Session		Fitness Session		Fitness Session					6pm
7pm			Cycle				Fitness Session		Cycle		Fitness Session					7pm
8pm						Kettlebells				Gym Circuits					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.