

# Horncastle Fitness Programme

## 14th-20th September

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

	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th	Sunday 20th	
6am								6am
7am	Fitness Session	Fitness Session	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	Fitness Session	9am
10am	Fitness Session	Fitness Session	Fitness Session		Fitness Session	Fitness Session	Fitness Session	10am
11am						Fitness Session		11am
12pm	Fitness Session				Fitness Session			12pm
1pm								1pm
2pm								2pm
3pm								3pm
4pm	Fitness Session	Junior Fitness (11-15yrs)	Fitness Session	Junior Fitness (11-15yrs)	Fitness Session			4pm
5pm	Fitness Session	Fitness Session	Fitness Session	Fitness Session	Fitness Session			5pm
6pm	Fitness Session	Fitness Session	Fitness Session	Fitness Session	Fitness Session			6pm
7pm	Fitness Session	Fitness Session	Fitness Session	Fitness Session				7pm
8pm	Fitness Session	Fitness Session	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.