

Horncastle Fitness Programme

7th-13th September

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

	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th	Sunday 13th	
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								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								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.