

# Station Sports Centre Group Exercise Programme

## 5th-11th October

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

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