

Station Sports Centre Group Exercise 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		
	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			9am
10am		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session		Fitness Session	10am
11am				Fitness Session		Fitness Session		Fitness Session				Fitness Session			11am
12pm					Kettlebells		Cycle		Cycle						12pm
1pm															1pm
2pm															2pm
3pm															3pm
4pm				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		Fitness Session					6pm
7pm		Fitness Session	Cycle			Fitness Session	Cycle			Fitness Session					7pm
8pm		Fitness Session				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.