

# Station Sports Centre Group Exercise 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		
	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			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		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.