

Station Sports Centre Group Exercise Programme

19th - 25th October

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

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	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		Fitness Session		Fitness Session		Fitness Session	11am
12pm			Cycle	Upstairs Fitness Session	Kettlebells		Cycle	Upstairs Fitness Session				Fitness Session			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	Upstairs Fitness Session		Fitness Session	Cycle	Upstairs Fitness Session		Fitness Session					7pm
8pm		Fitness Session							Gym Circuits	Upstairs 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.