























Figures

HEALTH & FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am		 BODYPUMP	 RPM	 BODYPUMP		
9.15am						 BODYPUMP
9.30am	 BODYPUMP	 BODYATTACK	 BODYPUMP	 RPM	 BODYATTACK	
10.15am						 BODYBALANCE
4.30pm	 BODYATTACK					
5.30pm	 BODYPUMP	 BODYSTEP	 BODYPUMP	 BODYATTACK	 RPM	
6.30pm	 RPM	 BODYBALANCE	 RPM	 BODYBALANCE		

Hours for gym

Monday – Thursday 5.00am – 8.30pm

Friday 5.00am – 8.00pm

Saturday 8.00am – 2.00pm

Sunday 2.00pm – 6.00pm

Child Minding Service

Monday – Friday 9.15am – 10.35am, 10.35 – 11.35am

Monday 4.15pm – 5.30pm, 5.30pm - 6.30pm & 6.30pm – 7.30pm

Tuesday, Wednesday & Thursday

5.15pm - 6.30pm & 6.30pm – 7.30pm

Friday - 5.00pm – 6.00pm

Saturday 9.00am – 10.15am & 10.15am - 11.15am

Current from 01/02/2010