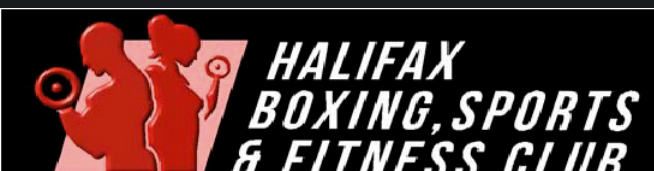




TIMETABLE



		<Gym Opens																								Gym Closes>					
		7:00 AM	7:30 AM	8:00 AM	8:30 AM	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM	3:30 PM	4:00 PM	4:30 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM	7:30 PM	8:00 PM	8:30 PM	9:00 PM	
MONDAY		7am SPIN CLASS (16yrs+)																				5.15pm SPIN CLASS (16yrs+)									
																								6pm Female Boxing							
																								6pm Junior Boxing (8-15yrs)							
																										7pm Adult Boxing					
TUESDAY								10am Over 60's Keep Fit														5.15pm SPIN CLASS (16yrs+)									
																								6pm Power Hour							
																									7pm Carded Boxers						
WEDNESDAY		7am SPIN CLASS (16yrs+)																				5.15pm SPIN CLASS (16yrs+)									
																								6pm Female Boxing							
																								6pm Junior Boxing (8-15yrs)							
																										7pm Adult Boxing					
THURSDAY																						5.15pm SPIN CLASS (16yrs+)									
																								6pm Power Hour							
																									7pm Carded Boxers						
																										7pm CAM Close Combat Training					
FRIDAY		7am SPIN CLASS (16yrs+)																													
								10am Over 60's Keep Fit																	6pm Mixed HIIT						
																								6pm Junior Boxing (8-15yrs)							
																										7pm Adult Boxing					
SATURDAY		Opens 9am				9am SPIN CLASS (16yrs+)										Closes 2pm															
							10am Power Hour																								
							10am CAM Close Combat Training																								
SUNDAY		Opens 9am						10am Carded Boxers								Closes 2pm															
							10am Club Outing (All Welcome)																								
									12pm Family Mixed Boxing Class																						