

## Group Session Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8am	Group Personal Training	Exercise Physiology	Group Personal Training	Exercise Physiology	Group Personal Training		
9am	Exercise Physiology		Exercise Physiology Group		Exercise Physiology		Exercise Physiology Group
10am		Exercise Physiology Group			Exercise Physiology Group		Exercise Physiology
11am		Exercise Physiology					
12pm			Exercise Physiology Group		Exercise Physiology		
1-3pm							
4pm	Exercise Physiology Group		Exercise Physiology Group		Group Personal Training		
5pm	Group Personal Training	Group Personal Training					
6pm	Group Personal Training	Group Personal Training	Exercise Physiology				

*1 on 1 sessions may be booked during all opening hours, please enquire to make a booking in an available time slot.*