

BODY CONDITIONING CLASSES

Timetable

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
		9 am			9.15 am
	6 pm		6 pm		

LLS CLASSES TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
9.30am	9.30am	10.00am	9.30am	9.30am
10.30am	11.00am	11.00am	10.30am	10.30am
11.30am			2pm	2pm

PERSONAL TRAINING TIMETABLE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
6pm		6pm		