

# GYM TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GYM OPEN:</b>	06.30-21.30	07.00-21.30	07.00-21.30	06.30-21.30	07.00-21.00	09.00-17.00	09.00-14.00
06:00							
07:00	Circuits 07.00 - 07.30		Circuits 07.00 - 07.30		Circuits 07.00 - 07.30		
08:00							
09:00			School Session - Week A 08.50 - 09.50		School Session 08.50 - 09.50	Circuits 09.30 - 10.00	
10:00			Body Conditioning 10.00 - 11.00			Get Active 10.00 - 11.00	
11:00	School Session - Week A 11.10 - 12.10				Pulse 11.00 - 12.00		
12:00			School Session - Week B 12.10 - 13.10		School Session - Week B 12.10 - 13.10		
13:00		School Session 13.10 - 14.10					
14:00	Pulse 13.30 - 14.30		Pulse 13.30 - 14.30				
15:00	School Session 14.30-15.30	School Session 14.30-15.30	School Session 14.30-15.30	School Session - Week A 14.30-15.30	School Session - Week B 14.30-15.30		
16:00	Get Active 15.30 - 16.30	Get Active 15.30 - 16.30		Get Active 15.30 - 16.30	Get Active 15.30 - 16.30		
17:00					Circuits 17.30 - 18.00		
18:00							
19:00							
20:00							
21:00							
22:00							

GYM OPEN
  PULSE
  GET ACTIVE GYM
  SCHOOL SESSION
  GYM CLASS

Week A = Weeks Commencing: 13/04, 27/04, 11/05  
 Week B = Weeks Commencing: 20/04, 04/05, 18/05



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