

TEAM FITNESS



TIMETABLE

All sessions are in Functional Training space or adjacent Squash Court 2

	MON	TUE	WED	THU	FRI	SAT	SUN
6.15am	GT 30min		GT 30min		GT 30min		
7.00am		GT 30min					
8.45am						GT 30min	
9.30am	GT 30min	GT 30min		GT 30min			
6.00pm		GT 30min					