

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am						9am Weightlifting LM
9.30am	Functional Fitness LM	Functional Fitness EL	Hybrid EL	Functional Fitness LM	Functional Fitness LM	10am Team WOD LM
10.30am	Strength 45+ LM	Men's SPORT IN MIND Session	Strength 45+ EL	WL Training Session 10.30-12.00pm	Strength 45+ LM	11am Coffee Morning!
12pm	FF COMING SOON!	Functional Fitness EL	HYB COMING SOON!	Functional Fitness LM	FF COMING SOON!	
5.30pm	WL Training Session 5-6.30pm	FF COMING SOON!	Weightlifting LM	FF COMING SOON!		
6.30pm	Functional Fitness EL	Functional Fitness LM	Hybrid LM	Functional Fitness EL	Functional Fitness EL 6PM	