

# GROUP PERSONAL TRAINING TIMETABLE

	EARLY START	MORNING	AFTERNOON	EVENING
MONDAY	7 - 7.55AM		12.30 - 1.25PM	6.30 - 7.25PM 7.30 - 8.25PM
TUESDAY			12.45 - 1.40PM	6 - 7PM* 6.30 - 7.25PM
WEDNESDAY	7 - 7.55AM	9.30 - 10.25AM		7 - 7.55PM
THURSDAY			12.30 - 1.25PM*	6.30 - 7.25PM 7.30 - 8.25PM
FRIDAY	7 - 7.55AM	10.30 - 11.25AM	12.30 - 1.25PM	
SATURDAY	8 - 8.55AM	9 - 9.55AM		
SUNDAY	8.30 - 9.25AM			
<b>* ONLINE CLASSES</b>				