



	DATE		TIME	Series
Monday	29th	October	7.00-7.30	Cardio
Monday	29th	October	13.10-13.40	Strength
Monday	29th	October	18.00-18.30	Strength
Thursday	1st	November	6.45-7.15	Strength
Thursday	1st	November	12.10-12.40	Cardio
Friday	2nd	November	12.10-12.40	Cardio
Monday	5th	November	7.00-7.30	Plyo
Monday	5th	November	13.10-13.40	Cardio
Monday	5th	November	18.00-18.30	Plyo
Thursday	8th	November	6.45-7.15	Plyo
Thursday	8th	November	12.10-12.40	Plyo
Friday	9th	November	12.10-12.40	Strength
Monday	12th	November	7.00-7.30	Strength
Monday	12th	November	13.10-13.40	Plyo
Monday	12th	November	18.00-18.30	Cardio
Thursday	15th	November	6.45-7.15	Cardio
Thursday	15th	November	12.10-12.40	Strength
Friday	16th	November	12.10-12.40	Plyo

	DATE		TIME	Series
Monday	19th	November	7.00-7.30	Cardio
Monday	19th	November	13.10-13.40	Strength
Monday	19th	November	18.00-18.30	Strength
Thursday	22nd	November	6.45-7.15	Plyo
Thursday	22nd	November	12.10-12.40	Cardio
Friday	23rd	November	12.10-12.40	Cardio
Monday	26th	November	7.00-7.30	Strength
Monday	26th	November	13.10-13.40	Plyo
Monday	26th	November	18.00-18.30	Cardio
Thursday	29th	November	6.45-7.15	Plyo
Thursday	29th	November	12.10-12.40	Cardio
Friday	30th	November	12.10-12.40	Plyo
Monday	3rd	December	7.00-7.30	Cardio
Monday	3rd	December	13.10-13.40	Strength
Monday	3rd	December	18.00-18.30	Strength
Thursday	6th	December	6.45-7.15	Strength
Thursday	6th	December	12.10-12.40	Strength
Friday	7th	December	12.10-12.40	Cardio