

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Family Class 8-14yrs (8 year olds must attend with adult)</b>							
Family Circuit Training		5.00-5.30pm	5.00-5.30pm		5.00-5.30pm		11.30-12pm
<b>10-13years Fitness</b>							
Family Induction			4.30-5pm				11-11.30am
Gym time with PT		4.30-5.00pm			4.30-5.00pm		
Circuit Training		5.00-5.30pm	5.00-5.30pm		5.00-5.30pm		11.30-12pm
<b>14+ Fitness</b>							
Family Induction			4.30-5pm				11-11.30am
Gym time with PT		4.30-5.00pm			4.30-5.00pm		
Circuit Training		5.00-5.30pm	5.00-5.30pm		5.00-5.30pm		11.30-12pm