SESSION TIMETABLE

Day	Time	Session	Notes
Monday	2 - 6pm	Flexible/By Request	Classes can be added based on demand
Tuesday	5pm	Circuit/HIIT	Set group session
Wednesday	9.30am - 4pm	Flexible/By Request	Classes can be added based on demand
Thursday	5pm	Circuit/HIIT	Set group session
Friday	9.30am - 4pm	Flexible/By Request	Classes can be added based on demand
Saturday	9am	Circuit/HIIT	Set group session