








# Gym Plus Timetable

Commencing 30th January 2017



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early Morning	<b>CIRCUIT</b> 6.00 - 7.00	<b>SPIN</b> 6.00 - 7.00	<b>CIRCUIT</b> 6.00 - 7.00	<b>SPIN</b> 6.00 - 7.00	<b>CIRCUIT</b> 6.00 - 7.00	
	<b>SPIN</b> 7.00 - 7.30 		<b>SPIN</b> 7.00 - 7.30 		<b>SPIN</b> 7.00 - 7.30 	
	<b>CIRCUIT</b> 7.30 - 8.00 		<b>CIRCUIT</b> 7.30 - 8.00 		<b>CIRCUIT</b> 7.30 - 8.00 	
Morning	<b>CIRCUIT</b> 9.00 - 10.00	<b>FIT 55's CIRCUIT</b> 9.00 - 10.00	<b>CIRCUIT</b> 10.00 - 11.00	<b>FIT 55's CIRCUIT</b> 9.00 - 10.00	<b>CIRCUIT</b> 9.15 - 10.00	<b>SPIN</b> 8.00 - 9.00
PM	<b>TRAINING WITH TEENS</b> 3.30 - 5.00		<b>TRAINING WITH TEENS</b> 3.30 - 5.00		<b>TRAINING WITH TEENS</b> 3.30 - 5.00	
Evening	<b>SPIN</b> 5.30 - 6.30	<b>CIRCUIT KNOCKOUT</b> 6.00 - 7.00	<b>SPIN</b> 5.30 - 6.30	<b>CIRCUIT STRENGTH</b> 6.00 - 7.00	<b>CIRCUIT EXPRESS</b> 5.30 - 6.00 	



## OPENING HOURS (staffed)

**Monday to Thursday** – 6.00am to 9.00pm

**Friday** – 6.00am to 8.00pm

**Saturday** – 8.00am to 4.00pm

**Sunday** – 10.00am to 4.00pm

**Public Holidays** – 10.00am to 4.00pm