

SWEAT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6.15am	6.15am	6.15am	6.15am	6.15am		
Morning	7.00am	7.00am	7.00am	7.00am	7.00am		
Morning	7.45am	7.45am	7.45am	7.45am	7.45am	9.00am	9.00am
Morning	8.30am	8.30am	8.30am	8.30am	8.30am	10.00am	10.00am
Morning	10.00am	10.00am	10.00am	10.00am	10.00am	11.00am	11.00am
Lunchtime	12.10pm	12.10pm	12.10pm	12.10pm	12.10pm	12.00pm	12.00pm
Lunchtime	12.55pm	12.55pm	12.55pm	12.55pm	12.55pm	1.30pm	1.30pm
Lunchtime	1.40pm	1.40pm	1.40pm	1.40pm	1.40pm		
Afternoon	4.20pm	4.20pm	4.20pm	4.20pm	4.20pm		
Evening	5.10pm	5.10pm	5.10pm	5.10pm	5.10pm		
Evening	5.55pm	5.55pm	5.55pm	5.55pm	5.55pm		
Evening	6.40pm	6.40pm	6.40pm	6.40pm	6.40pm		
Evening	7.25pm	7.25pm	7.25pm	7.25pm	7.25pm		
Evening	8.10pm	8.10pm	8.10pm				

All sessions must be booked in advance. Clients can only attend one session per day or as per terms and conditions of membership.