

Boxing Base

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																							members slot									
TUE																							members slot									
WED																							members slot									
THU																							members slot									
FRI																							members slot									
SAT	[Black]																		members slot				[Black]									
SUN	[Black]																		members slot				[Black]									

Squash Courts

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																									Squash Fixture (1-2) 1850-2130							
TUE	Squash (1-2) 0650-0810																		IM Squash (1-2) 1810-2130													
WED																	Squash (1-4) 1410-1610										Squash Fixture (1-2) 1850-2130					
THU	Squash (1-2) 0650-0810																		Squash (1-3) 1810-2200													
FRI																									IM Squash (1-2) 1810-2130							
SAT	[Black]																				[Black]											
SUN	[Black]																				Squash (1-3) 1600-2000				[Black]							

The Studio

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200		
MON	Kendo 0600-0730		Body Pump 0745-0830					Active for Life Fitness 1000-1100					Cardio Street Funk 1215-1300								Body Pump 1720-1805		Body Attack 1815-1900		<small>6-pack Attack 1905-1935</small>	Hatton Boxing 1945-2045		Athletics 2045-2200						
TUE	Body Attack 0645-0730											HiIT 1215-1245		Hatton Boxing 1300-1345								Body Combat 1720-1805		P90X 1815-1900		<small>Stretch & Roll 1910-1940</small>	Cardio Street Funk 1950-2035		Muay Thai 2035-2200					
WED				HiIT 0750-0820									Cardio Street Funk 1215-1300		Abs Blast 1310-1340				Body Pump 1445-1530		Body Attack 1545-1630					Hatton Boxing 1730-1815		Body Pump 1825-1910		Dance Fit 1920-2005		Kendo 2030-2200		
THU	Body Pump 0655-0740																					P90X 1720-1805		Body Attack 1815-1900		<small>Stretch & Roll 1910-1940</small>				Muay Thai 2030-2200				
FRI													Body Pump 1215-1300		HiIT 1315-1345								6-Pack Attack 1650-1720				Hatton Boxing 1825-1910		Dance Fit 1920-2005					
SAT						Dance Fit 0945-1030		Body Pump 1040-1125		Hatton Boxing 1145-1245					Paul Wood Dance 1430-1530		Kendo 1530-1830			Muay Thai 1830-1945														
SUN									Cardio Street Funk 1115-1200				Paul Wood Dance 1230-1430						Kendo 1500-1730															

Performance Gym

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																																
TUE																																
WED																										Novice Workshop 1900-2000	Weightlifting Ladies Workshop 2000-2100					
THU																																
FRI																																
SAT																																
SUN																																

Grapppling/Combat Zone

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																							members slot				Tim Beattie 2000-2100					
TUE																							members slot									
WED																							members slot									
THU																							members slot				Tim Beattie 2000-2100					
FRI																							members slot									
SAT	[Black]																	members slot		[Black]												
SUN	[Black]																	members slot		[Black]												