



## CLASS TIMETABLE

MONDAY	9:30AM	FUNCTIONAL FITNESS
	10:30AM	OLDER ADULTS CLASS WITH EMMA
	6:30PM	FUNCTIONAL FITNESS
	7:30PM	ROCKFIT WITH KERI
TUESDAY	9:30AM	FUNCTIONAL FITNESS
	5:30PM	CIRCUITS WITH JOSH
	6:30PM	FUNCTIONAL FITNESS
WEDNESDAY	9:30AM	FUNCTIONAL FITNESS
	5:30PM	POWERLIFTING WITH EMMA
	6:30PM	FUNCTIONAL FITNESS
THURSDAY	9:30AM	FUNCTIONAL FITNESS
	10:30AM	OLDER ADULTS CLASS WITH EMMA
	6:30PM	FUNCTIONAL FITNESS
FRIDAY	9:30AM	FUNCTIONAL FITNESS
	5:30PM	CIRCUITS WITH JOSH
	6:30PM	FUNCTIONAL FITNESS
SATURDAY	10:00AM	FUNCTIONAL FITNESS
SUNDAY	10:00AM	FUNCTIONAL FITNESS – PARTNER WORKOUT
	3:00PM	WEST CUMBRIA POWERLIFTING CLUB (EMMA)