

# GROUP PERSONAL TRAINING TIMETABLE

**MON**

**CIRCUITS**

9:30AM

.....  
**PILATES\***

1PM

.....  
**STRENGTH**

7PM

**TUE**

**PILATES**

9:30AM

.....  
**SENIORS**

11:30AM

.....  
**CIRCUITS**

7PM

**WED**

**MOBILITY**

9:30AM

.....  
**CIRCUITS\***

1PM

.....  
**BURN**

7PM

**THU**

**CIRCUITS**

9:30AM

.....  
**SENIORS**

11:30AM

.....  
**PILATES**

7PM

**FRI**

**STRENGTH**

9:30AM

.....  
**PILATES\***

1PM

.....  
**LEGS & CORE**

7PM

**SAT**

**BURN** 10AM

.....  
**MOBILITY** 11AM

**SUN**

**SENIORS** 10AM