

Monday	Tuesday	Wednesday
6.00am – 7.00am		6.00am – 7.00am
7.00am – 8.00am		7.00am – 8.00am
9.00am -10.00am		9.00am -10.00am
10.00am -11.00am (Private session)		10.00am -11.00am (Private session)
4.00pm – 5.00pm (Private session)		4.00pm – 5.00pm
5.00pm – 6.00pm		5.00pm – 6.00pm
6.00pm - 7.00pm		6.00pm – 7.00pm

Thursday	Friday	Saturday
	6.00am – 7.00am	
	7.00am – 8.00am	
	9.00am – 10.00am	
	10.00am -11.00am (Private session)	

BOOKINGS ESSENTIAL