Monday		Tuesday Wednesday		Thursday		Friday			Saturday		Sunday	
Cross Train	09:15	Cross Train	07:00 Cross Train	09:30	Nordic Walking (Moderate)	09:15	Nordic Walking (Challenging)	12:15	Cardio Tennis	08:55	Cardio Tennis	10:00
Nordic Walking (Challenging)	10:45	Nordic Walking (Moderate)	09:15 Functional Fitness	10:30	Functional Fitness	18:30			Nordic Walking (Moderate)	10:15		
Nordic Walking (Easy)	12:30	Functional Fitness	10:15 Nordic Walking (Moderate)	11:30					Cross Train	11:30		
Nordic Walking (Moderate)	13:15	Cardio Tennis	18:30 Cardio Tennis	20:00								
Cross Train	18:30											