

Mon	Tues	Wed	Thur	Fri	Sat
<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	<u>7.20</u> Cross Train	
<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	<u>8.20</u> Cross Train	
<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train	<u>9.30</u> Cross Train
<u>10.30</u> Mature Movers		<u>10.30</u> Mature Movers		<u>10.30</u> Pilates	
<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	<u>17.10</u> Cross Train	
<u>18.20</u> Cross Train	<u>18.30</u> Pilates	<u>18.20</u> Cross Train	<u>18.20</u> Cross Train	<u>18.20</u> Cross Train	
<u>19.30</u> Cross Train	<u>19.30</u> Cross Train		<u>19.30</u> Cross Train		