

# February Timetable

**NB** The gym floor is closed on Thursdays  
1:30–2:30<sup>pm</sup> for a private group.

			Thurs	Fri
Mon	Tues	Wed	1 Private Group 1:30–2:30 <sup>pm</sup>	2 Cardio & Weights Session 1:30–2:00 <sup>pm</sup>
5 No group classes	6 GYM CLOSED Public Holiday	7 Fundamentals of exercise Posture/technique 1:30–2:00 <sup>pm</sup>	8 Private Group 1:30–2:30 <sup>pm</sup>	9 Cardio & Weights Session 1:30–2:00 <sup>pm</sup>
12 No group classes	13 GYM CLOSED Staff Training Day	14 Fundamentals of exercise Posture/technique 1:30–2:00 <sup>pm</sup>	15 Private Group 1:30–2:30 <sup>pm</sup>	16 Cardio & Weights Session 1:30–2:00 <sup>pm</sup>
19 No group classes	20 Mobility/Flexibility Session 1:30–2:00 <sup>pm</sup>	21 Fundamentals of exercise Posture/technique 1:30–2:00 <sup>pm</sup>	22 Private Group 1:30–2:30 <sup>pm</sup>	23 Cardio & Weights Session 1:30–2:00 <sup>pm</sup>
26 No group classes	27 Mobility/Flexibility Session 1:30–2:00 <sup>pm</sup>	28 Fundamentals of exercise Posture/technique 1:30–2:00 <sup>pm</sup>	29 Private Group 1:30–2:30 <sup>pm</sup>	

*Tina*