

January Timetable

NB The gym floor is closed on Thursdays
1:30–2:30^{pm} for a private group.

Mon	Tues	Wed	Thu	Fri
1 GYM CLOSED PUBLIC HOLIDAY	2 GYM CLOSED PUBLIC HOLIDAY	3 No classes	4 No classes	5 No classes
8 No classes	9 No classes	10 No classes	11 Private Group 1:30–2:30 ^{pm}	12 No classes
15 No classes	16 No classes	17 No classes	18 Private Group 1:30–2:30 ^{pm}	19 No classes
22 No classes	23 Mobility/Flexibility Session 1:30–2:00 ^{pm}	24 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	25 Private Group 1:30–2:30 ^{pm}	26 Cardio & Weights Session 1:30–2:00 ^{pm}
29 No classes	30 Mobility/Flexibility Session 1:30–2:00 ^{pm}	31 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}		