

September Timetable

			Thurs	Fri	Sat
Mon	Tues	Wed	31 GYM CLOSED Private Group 1:30–2:30 ^{pm}	1 Cardio & Weights Session 1:30–2:00 ^{pm}	2 Cardio & Weights Session 7:30–8:30 ^{am}
4	5 Hauora Health Assessments 1:00–3:00 ^{pm} Mobility/Flexibility 1:30–2:00 ^{pm}	6 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	7 GYM CLOSED Private Group 1:30–2:30 ^{pm}	8 Cardio & Weights Session 1:30–2:00 ^{pm}	9 Cardio & Weights Session 7:30–8:30 ^{am}
11	12 Mobility/Flexibility Session 1:30–2:00 ^{pm}	13 GYM CLOSED 24 HOURS WORKOUT Suicide prevention week	14 GYM CLOSED 24 HOURS WORKOUT Suicide prevention week	15 Cardio & Weights Session 1:30–2:00 ^{pm}	16 Cardio & Weights Session 7:30–8:30 ^{am}
18	19 Hauora Health Assessments 1:00–3:00 ^{pm} Mobility/Flexibility 1:30–2:00 ^{pm}	20 HWT Smoking Cessation 10:00–12:00 ^{pm} Fundamentals of exercise 1:30–2:00 ^{pm}	21 GYM CLOSED Private Group 1:30–2:30 ^{pm}	22 Cardio & Weights Session 1:30–2:00 ^{pm}	23 Cardio & Weights Session 7:30–8:30 ^{am}
25	26 Mobility/Flexibility Session 1:30–2:00 ^{pm}	27 Fundamentals of exercise Posture/technique 1:30–2:00 ^{pm}	28 GYM CLOSED Private Group 1:30–2:30 ^{pm}	29 Cardio & Weights Session 1:30–2:00 ^{pm}	30 Cardio & Weights Session 7:30–8:30 ^{am}

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

Tina