

FitnessX TIMETABLE

Group Personal Training

	MORNING			EVENING		
MONDAY	Hampton 20 06.40 - 07.00					Hampton 20 20.10 - 20.30
TUESDAY					Hampton High 18.25 - 19.05	
WEDNESDAY	Hampton 20 06.40 - 07.00			Hampton 20 18.00 - 18.20		
THURSDAY		Hampton High 08.45 - 09.25		Hampton High 17.50 - 18.30		Hampton 20 20.00 - 20.20
FRIDAY	Hampton 20 06.40 - 07.00					
SATURDAY	Hampton 20 08.00 - 08.20					
SUNDAY	Hampton High 09.10 - 09.50					