

Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am					Wellbeing Xpress Fit 45 minutes DB	
9am						
10am						
11am						
12noon						
1pm						
2pm						
3pm						
4pm						
5.30pm						
6.30pm	Wellbeing Xpress Fit 1 hour DB	Wellbeing Xpress Fit 1 hour DB		Wellbeing Xpress Fit 1 hour DB		
7.30pm	Wellbeing Xpress Fit 1 hour DB	Body Composition Analysis and Nutrition Support		Wellbeing Xpress Fit 1 hour DB		

PLEASE NOTE: The last session before Christmas will be Tuesday 23rd December at 6.30pm.
 There will be a session on Tuesday 30th December at 6.30pm to work off your Christmas dinner.
 Sessions then resume as normal from Monday 5th January.