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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 7.30-8.30am Staff Football | 7.45-8.30amStudentsBody Attack | 7.45-8.30amStaffIndoor Cycle | 7.45-8.30amStudentsGrit Core | 7.45-8.30amStudentsBody Pump |
| 7.45-8.30amStudentsGrit Cardio | 8:15-9:45amStudentsBoot camp |  |  | 8:15-9:45amStudentsWalk |
| 12.30-1.30pmStudentsBody Combat | 12.30-1.30pmStudentsIndoor Cycle |  | 12.30-1.30pmStaffBody Attack | 12.30-1.30pmStudentsGrit Strength |
| 12-2pmStaffWalk/Run | 12-2pmStaffWalk/Run | 12-2pmStaffWalk/Run | 12-2pmStaffWalk/Run | 12-2pmStaffWalk/Run |
|  | 4-5pm StaffNetball | 3-4pmStudentsGym Quiet Hour | 4:30-5:30StudentsLearn to |  |
| 5-6pm StudentsFootball | 4-5pm StaffBadminton | 5.30-6.15pmYoga society & StaffYoga |  | 5-6pmStudentsCouch to 5k club |
| 5.30-6.15pmStaff Body Balance | 5-6pm Students Badminton |  | 5-6pm Students Netball | 5:30-6:30pmStudentsFootball League |
| 6-7pm Students Basketball | 5.30-6.15pmStudentsBody Balance |  | 6.30-7.30pm Students Active 4 All |  |