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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 7.30-8.30am Staff  Football | 7.45-8.30am  Students  Body Attack | 7.45-8.30am  Staff  Indoor Cycle | 7.45-8.30am  Students  Grit Core | 7.45-8.30am  Students  Body Pump |
| 7.45-8.30am  Students  Grit Cardio | 8:15-9:45am  Students  Boot camp |  |  | 8:15-9:45am  Students  Walk |
| 12.30-1.30pm  Students  Body Combat | 12.30-1.30pm  Students  Indoor Cycle |  | 12.30-1.30pm  Staff  Body Attack | 12.30-1.30pm  Students  Grit Strength |
| 12-2pm  Staff  Walk/Run | 12-2pm  Staff  Walk/Run | 12-2pm  Staff  Walk/Run | 12-2pm  Staff  Walk/Run | 12-2pm  Staff  Walk/Run |
|  | 4-5pm  Staff  Netball | 3-4pm  Students  Gym Quiet Hour | 4:30-5:30  Students  Learn to |  |
| 5-6pm Students  Football | 4-5pm  Staff  Badminton | 5.30-6.15pm  Yoga society & Staff  Yoga |  | 5-6pm  Students  Couch to 5k club |
| 5.30-6.15pm  Staff  Body Balance | 5-6pm Students Badminton |  | 5-6pm Students Netball | 5:30-6:30pm  Students  Football League |
| 6-7pm Students Basketball | 5.30-6.15pm  Students  Body Balance |  | 6.30-7.30pm Students Active 4 All |  |