

## **Sport & Fitness Centre - South Gym**Group Exercise Timetable

From July 28 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.45am	Circuit	Strength	Circuit	Strength	Strength	
8:30am						Circuit
5.30pm	Circuit	<b>Box</b> Kheva	Strength	<b>Box</b> Kheva		