



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
W/C 18 Dec	3:00pm – 6:00pm	5:45am – 7:15am		5:45am – 7:15am	5:45am – 7:15am	
W/C 1 Jan		5:00 – 6:30pm	5:45am – 7:15am	5:45am – 7:15am	5:45am – 7:15am	6am – 8am
W/C 8 Jan	7:00am – 8:45am	7:00am – 8:45am	7:00am – 9:00am Spin included	7:00am – 8:45am	7:00am – 8:45am	7:00am – 9:00am Dry land included
W/C 15 Jan	7:00am – 8:45am	5:45am – 7:15am 5:00pm – 6:30pm	4:30pm – 6:30pm Spin included	5:45am – 7:15am	5:45am – 7:15am	6am – 9am Dry land included
W/C 22 Jan	5:45am – 7:15am	5:45am – 7:15am 5:00pm – 6:30pm	4:30pm – 6:30pm Spin included	5:45am – 7:15am		