

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8am	All levels	Level 1	All levels	Level 1	All levels		
9am							
10am						All levels	
11am		All levels		All levels	All levels	Open gym	
12noon				Sport level			
1pm							
2pm							
3pm							
4pm							
5pm	Level 1	All levels	Level 1	All levels	All levels		
6pm	Olympic	All levels	Olympic	All levels	Yoga		
7pm	All levels	All levels	All levels	All levels			