

# GYM SESSIONS

28.09.20

## ADRENALINE

### MONDAY - FRIDAY

6:00am - 7:30am

7:45am - 9:15am

9:30am - 11:00am

11:15am - 12:45pm

1:00pm - 2:30pm

2:45pm - 4:15pm

4:30pm - 6:00pm

6:15pm - 7:45pm

8:00pm - 9:30pm

(except Fridays - 8:00pm - 9:00pm)

### SATURDAY - SUNDAY

8:30am - 10:00am

10:15am - 11:45am

12:00pm - 1:00pm

## MARL PITS

### MONDAY - FRIDAY

6:00am - 7:30am

7:45am - 9:15am

9:30am - 11:00am

11:15am - 12:45pm

1:00pm - 2:30pm

2:45pm - 4:15pm

4:30pm - 6:00pm

6:15pm - 7:45pm

8:00pm - 9:30pm

(except Fridays - 8:00pm - 9:00pm)

### SATURDAY - SUNDAY

8:30am - 9:00am

9:15am - 10:45am

11:00am - 12:30pm

12:45pm - 2:15pm

2:30pm - 4:00pm

## PIONEER

### MONDAY - FRIDAY

6:00am - 7:30am

7:45am - 9:15am

9:30am - 11:00am

11:15am - 12:45pm

1:00pm - 2:30pm

2:45pm - 4:15pm

4:30pm - 6:00pm

6:15pm - 7:45pm

8:00pm - 9:00pm

### SATURDAY - SUNDAY

8:00am - 9:30am

9:45am - 11:15am

11:30am - 1:00pm

12:15pm - 2:45pm

3:00pm - 4:00pm