



November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 9am 1030am 530pm 630pm	3 9am 1030am 530pm 630pm	4 9am 1030am 530pm 630pm	5 9am 1030am 530pm 630pm	6 9am 1030am 530pm 630pm
9 6am (NEW!) 9am 1030am 530pm	10 6am (NEW!) 9am 1030am 530pm	11 6am (NEW!) 9am 1030am 530pm	12 6am (NEW!) 9am 1030am 530pm	13 6am (NEW!) 9am 1030am 530pm
16 6am (NEW!) 9am 1030am 530pm	17 6am (NEW!) 9am 1030am 530pm	18 6am (NEW!) 9am 1030am 530pm	19 6am (NEW!) 9am 1030am 530pm	20 6am (NEW!) 9am 1030am 530pm
23 6am (NEW!) 9am 1030am 530pm	24 6am (NEW!) 9am 1030am 530pm	25 6am (NEW!) 9am 1030am 530pm	26 CLOSED THANKS	27 CLOSED GIVING
30 6am (NEW!) 9am 1030am 530pm	Saturdays Open Gym 8am to 9am Doors will close at 9	Nutrition Seminars 10 th & 17 th 7pm-9pm	Running Seminar Saturday 28th 9am-noon	

All classes run approx. 1 hour