

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING SESSIONS</b>					
6.00am - 7.00am Group Training	6.00am - 7.00am Group Training	6.00am - 7.00am Group Training	6.00am - 7.00am Group Training	6.00am - 7.00am Group Training	
				7.00am - 8.00am Group Training	8.00am - 9.00am Group Training
9.00am - 10.00am Group Training		9.00am - 10.00am Group Training		9.00am - 10.00am Group Training	
<b>AFTERNOON SESSIONS</b>					
4.30pm - 5.30pm Group Training		4.30pm - 5.30pm Group Training			
5.30pm - 6.30pm Group Training	5.30pm - 6.30pm Group Training	5.30pm - 6.30pm Group Training	5.30pm - 6.30pm Group Training		