



Monday - Friday 6.45am - 9.45pm  
 Saturday - Sunday 8.15am - 5.15pm

**Express Ladies Fitness Programme**

Monday - Friday	6.45am - 7.30am	Open Gym	
	7.30am - 8.15am	Open Gym	
	8.15am - 9.00am	Open Gym	
	9.00am - 9.45am	Instructor Led	Induction
	9.45am - 10.30am	Instructor Led	
	10.30am - 11.15am	Instructor Led	
	11.15am - 12.00pm	Open Gym	
	12.00pm - 12.45pm	Instructor Led	Induction
	12.45pm - 1.30pm	Instructor Led	
	1.30pm - 2.15pm	Instructor Led	
	2.15pm - 3.00pm	Instructor Led	Induction
	3.00pm - 3.45pm	Open Gym	
	3.45pm - 4.30pm	Open Gym	
	4.30pm - 5.15pm	Instructor Led	Induction
	5.15pm - 6.00pm	Instructor Led	
	6.00pm - 6.45pm	Instructor Led	
	6.45pm - 7.30pm	Instructor Led	
	7.30pm - 8.15pm	Instructor Led	Induction
8.15pm - 9.00pm	Open Gym		
9.00pm - 9.45pm	Open Gym		
Saturday	8.15am - 9.00am	Open Gym	
	9.00am - 9.45am	Instructor Led	Induction
	9.45am - 10.30am	Open Gym	
	10.30am - 11.15am	Instructor Led	
	11.15am - 12.00pm	Instructor Led	
	12.00pm - 12.45pm	Instructor Led	Induction
	12.45pm - 1.30pm	Instructor Led	
	1.30pm - 2.15pm	Open Gym	
	2.15pm - 3.00pm	Open Gym	
	3.00pm - 3.45pm	Open Gym	
	3.45pm - 4.30pm	Open Gym	
	4.30pm - 5.15pm	Open Gym	
Sunday	8.15am - 9.00am	Open Gym	
	9.00am - 9.45am	Instructor Led	
	9.45am - 10.30am	Instructor Led	Induction
	10.30am - 11.15am	Instructor Led	
	11.15am - 12.00pm	Instructor Led	
	12.00pm - 12.45pm	Instructor Led	Induction
	12.45pm - 1.30pm	Instructor Led	
	1.30pm - 2.15pm	Open Gym	
	2.15pm - 3.00pm	Open Gym	
	3.00pm - 3.45pm	Open Gym	
3.45pm - 4.30pm	Open Gym		
4.30pm - 5.15pm	Open Gym		

