

Gym 'Guide Me' Sessions Timetable

Monday 22nd of July -Saturday 31st of August

MONDAY			TUESDAY			WEDNESDAY		
07:30-08:00	Free Weights	Gym	07:30-08:00	Cables	Gym	12:00-12:30	Cables	Gym
17:30-18:00	Free Weights	Gym	14:00-14:30	Ladies Induction	Gym	17:30-18:00	Cables	Gym
			16:00-16:30	Ladies Induction	Gym	18:00-18:30	Advanced Training	Gym
			17:30-18:00	Fuctional Training	Gym			
THURSDAY			FRIDAY					
07:30-08:00	Free Weights	Gym	09:30-10:00	Ladies Free Weights	WR			
09:30-10:00	Ladies Induction	Gym						
12:00-12:30	Cardio Training	Gym						
16:00-16:30	Ladies Induction	Gym						
17:30-18:00	Recovery	Gym						

All of our sessions are designed to give you a 30 minute guide to different element of the gym and training

Cardio

Free Weights

Downstairs gym

Gym

Ladies Only Induction

Functional

Weights room

WR

Cables

Recovery

Ladiess Only Weights



**CLC
HEALTH
& FITNESS
CENTRE**