



Public Fitness Timetable

Monday 19th October to Saturday 31st October 2020

Day	Morning	Lunch Time	Evening
Monday	10.30 – 11.15 10.45 – 11.30 11.00 – 11.45 11.15 – 12.00 11.30 – 12.15 11.45 – 12.30		17.45 – 18.30 18.00 – 18.45
Tuesday	10.30 – 11.15 10.45 – 11.30 11.00 – 11.45 11.15 – 12.00 11.30 – 12.15 11.45 – 12.30		
Wednesday	8.30 – 9.15 11.45 – 12.30	12.00 – 12.45 12.15 – 13.00 12.30 – 13.15 12.45 – 13.30	17.45 – 18.30 18.00 – 18.45

Thursday	8.30 – 9.15	12.00- 12.45 12.15 – 13.00 12.30 – 13.15 12.45 – 13.30 13.00 – 13.45	
Friday	11.00 – 11.45 11.15 – 12.00 11.30 – 12.15 11.45 – 12.30	12.00- 12.45 12.15 – 13.00	
Saturday	9.15 – 10.00 9.30 – 10.15 9.45 – 10.30 10.00 – 10.45 10.15 – 11.00 10.30 – 11.15 10.45 – 11.30 11.00 – 11.45 11.15 – 12.00 11.30 – 12.15 11.45 – 12.30		