

APRIL 2011 TIMETABLE NEWCASTLE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	GPT		GPT		GPT	
7:00am	GPT		GPT		GPT	
8:00am	GPT		GPT		GPT	
9:00am	GPT		GPT		GPT	
12:30pm	<u>30min EXPRESS</u>	N/A	30min EXPRESS	N/A		
3:00pm	N/A	N/A	GPT	N/A		
4:00pm	GPT	GPT	GPT	GPT		
5:00pm	GPT	GPT	GPT	GPT		
6:00pm	GPT	GPT	GPT	GPT		

KEY

GPT – GROUP PERSONAL TRAINING
RED – NEW CLASS
 iBOX – CARDIO BOXING
 30min EXPRESS - 30min GROUP TRAINING