

FITNESS CLASS TIMETABLE

RUSSELL SEAL FITNESS CENTRE

20/12/2021 – 27/12/2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	PILATES 1:15PM-2:00PM STUDIO 1 SALLY	NO CLASSES	RIDE 7:00AM-7:45AM STUDIO 1 TRACEY	NO CLASSES	NO CLASSES	NO CLASSES
RIDE 5:15PM-6:00PM STUDIO 1 TRACEY	RIDE 6:15PM-7:00PM STUDIO 1 JIM		RIDE 5:00PM-5:45PM STUDIO 1 JIM			



EXCELLENCE IN SPORT