

WEEKLY TIMETABLE

W/C 9th September 2024

	MON	TUES	WEDS	THURS	FRI
09:15-10:15	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH
10:30-11:30					STRENGTH
17:15-1800				COUCH TO 5KM	
17:30-18:30		BEGINNERS STRENGTH			
1800-19:00				MIXED ABILITY RUN ----- STRENGTH	
18:00-19:30	TRAIL RUN				
18:30-19:30		STRENGTH			
19:30-20:30	STRENGTH				