

Connect30 Timetable

Autumn 2024



	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am	C30 Aerobic	C30 Strength	C30 Functional	C30 Aerobic	C30 Strength		
9:00am						C30 Functional	C30 Functional
11:30am	C30 Aerobic		Rowing		C30 Strength		
4:30pm							C30 Functional
6:00pm	C30 Aerobic	C30 Strength	C30 Functional	C30 Aerobic	C30 Strength		