

AIR GYM

Timetable



Autumn 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Cardio	Strength	Stamina	Cardio	Strength		
7:00am	Cardio	Strength	Stamina	Cardio	Strength	Elevate	
8:00am						Elevate	
6:00pm	Cardio	Strength	Stamina	Cardio			