

GYM TIMETABLE

	TIME	ACTIVITY	INSTRUCTOR
MON	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
TUES	9:30 - 10:15	Women that lift	Terri
	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	15:30 - 16:00	Learn to lift (Youth)	Terri
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
WEDS	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
	19:00 - 19:45	Team Training	Shane
THURS	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	15:30 - 16:00	Learn to lift (Youth)	Terri
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team
	19:00 - 19:45	Women that lift	Terri
FRI	06:15 - 06:50	Team Training	Shane
	10:30 - 11:15	Women that lift	Terri
	15:25 - 16:10	Youth Training 13-15yrs	Gym Team
	16:15 - 17:00	Youth Training 13-15yrs	Gym Team