

Gym Timetable

Spring '17

| | | |
|---------------|---|-------------------------------------|
| Week B | Dates 24 April, 8 & 22 May 12 & 26 June | Half Term 29 May - 2 June |
|---------------|---|-------------------------------------|

| | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm |
|------|-----|-----|-----------------------------------|--------------------------------------|-------------------------------------|------------------------------------|-----------------------------------|-----|---------------------------|-----------------------|-----|-----|-----|-----|-----|
| Mon | | | 6th Form 8.50 - 9.50 | | | | Cardiac Rehab 1.10 - 2.10 | | Supervised 2.30 - 3.30 | Teen Gym 3.30-4.30 | | | | | |
| Tue | | | School Use Only 8.50 - 9.50 | School Use Only 9.50 - 10.50 | 6th Form 11.10 - 12.10 | School Use Only 12.10 - 1.10 | | | Supervised 2.30 - 3.30 | Teen Gym 3.30-4.30 | | | | | |
| Wed | | | School Use Only 8.50 - 9.50 | Body Conditioning 9.50 - 10.50 | School Use Only 11.10 - 12.10 | | PULSE 1.10-2.10 | | | Teen Gym 3.30-4.30 | | | | | |
| Thur | | | School Use Only 8.50 - 9.50 | | Cardiac Rehab 11.10 - 12.10 | Supervised 12.10 - 1.10 | School Use Only 1.10 - 2.10 | | | Teen Gym 3.30-4.30 | | | | | |
| Fri | | | School Use Only 8.50 - 9.50 | | School Use Only 11.10 - 12.10 | | PULSE 1.10-2.10 | | | | | | | | |
| Sat | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | |
| | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm |

• PULSE • Supervised • Fitness Class • Cardiac Rehab • Teen Gym • School Use Only • 6th Form

Gym Timetable

Spring '17

| | | |
|---------------|--|-------------------------------------|
| Week A | Dates 17 April, 1 & 15 May 5 & 19 June | Half Term 29 May - 2 June |
|---------------|--|-------------------------------------|

| | 7am | 8am | 9am | 10am | 11am | 12pm | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm |
|------|-----|-------------------------|---------------------------------|-----------------------------------|----------------------------------|----------------------------------|------------------------------|--------------------------------|---------------------------|-----------------------|-----|-----|-----|-----|-----|
| Mon | | | School Use Only 8.50 - 9.50 | | | | Cardiac Rehab 1.10 - 2.10 | | Supervised 2.30 - 3.30 | Teen Gym 3.30-4.30 | | | | | |
| Tue | | 6th Form 8.50 - 9.50 | School Use Only 9.50 - 10.50 | | School Use Only 11.10 - 12.10 | School Use Only 12.10 - 1.10 | | | Supervised 2.30 - 3.30 | Teen Gym 3.30-4.30 | | | | | |
| Wed | | | School Use Only 8.50 - 9.50 | Body Conditioning 9.50 - 10.50 | | School Use Only 11.10 - 12.10 | | PULSE 1.10-2.10 | | Teen Gym 3.30-4.30 | | | | | |
| Thur | | | | School Use Only 9.50 - 10.50 | | Cardiac Rehab 11.10 - 12.10 | Supervised 12.10 - 1.10 | School Use Only 1.10 - 2.10 | | Teen Gym 3.30-4.30 | | | | | |
| Fri | | 6th Form 8.50 - 9.50 | | | School Use Only 11.10 - 12.10 | | PULSE 1.10-2.10 | | | | | | | | |
| Sat | | | | | | | | | | | | | | | |
| Sun | | | | | | | | | | | | | | | |

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