



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>6am</b>	Mens	Mens	Mens	Mens	Mens		
<b>6.30am</b>	Mens	Mens	Mens	Mens	Mens		
<b>7am</b>	Mens	Womens	Mens	Womens	Mens	Mens	
<b>7.30 am</b>	Mens		Mens		Mens	Mens	
<b>8am</b>						Womens	
<b>9am</b>							Open gym
<b>1.30am</b>	Mixed			Mixed	Mixed		
<b>5.30am</b>				Mixed			
<b>6pm</b>	Mens		Mens		Mens		
<b>6.30pm</b>	Mens	Open Gym	Mens		Mens		
<b>7pm</b>	Womens		Womens		Womens		
<b>7.30pm</b>	Womens		Womens		Womens		