

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am- 7am	❖	❖	❖	❖	❖	
7am- 8am	❖	❖	❖	❖	❖	❖
9.30am-10.30a	❖	❖		❖	❖	❖ 9-10am
4pm- 5pm	❖	❖	❖	❖	❖	10-11 am
5pm – 6pm	❖	❖	Olympic Weightlifting	❖	❖	Olympic Weightlifting
7pm – 8pm	❖	❖	❖	❖	❖	