

# STRENGTH & MOBILITY STUDIO

Weekly Timetable (All Classes 45 Minute Duration)



MON	TUES	WED	THUR	FRI	SAT
<b>7am</b> Onero™ Ewan	<b>7am</b> Strength Class Emma			<b>7am</b> Strength Class Emma	
<b>7:45am</b> Onero™ Ewan	<b>7:45am</b> Onero™ Emma	<b>7:45am</b> Onero™ Ewan	<b>7:45am</b> Onero™ Ewan	<b>7:45am</b> Onero™ Emma	<b>7:45am</b> Onero™ Ewan
<b>8:30am</b> Onero™ Ewan	<b>8:30am</b> Onero™ Emma		<b>8:30am</b> Onero™ Ewan	<b>8:30am</b> Onero™ Emma	<b>8:30am</b> Onero™ Ewan
<b>9:15am</b> Onero™ Ewan	<b>9:15am</b> Onero™ Emma	<b>9:15am</b> Onero™ Andrew	<b>9:15am</b> Strength Class Ewan	<b>9:15am</b> Onero™ Emma	<b>9:15am</b> Onero™ Ewan
<b>10am</b> Strength Class Andrew	<b>10am</b> Strength Class Gav	<b>10am</b> Onero™ Andrew	<b>10am</b> Onero™ Ewan	<b>10am</b> Onero™ Emma	<b>10am</b> Onero™ Ewan
<b>10:45am</b> Strength Class Ewan	<b>10:45am</b> Onero™ Andrew	<b>10:45am</b> Onero™ Andrew	<b>10:45am</b> Onero™ Andrew	<b>10:45am</b> Onero™ Andrew	<b>10:45am</b> Strength Class Ewan
<b>11:30am</b> Onero™ Ewan	<b>11:30am</b> Onero™ Andrew		<b>11:30am</b> Onero™ Andrew	<b>11:30am</b> Onero™ Andrew	
<b>12:15pm</b> Onero™ Andrew	<b>12:15pm</b> Onero™ Andrew		<b>12:15pm</b> Onero™ Andrew		
<b>1pm</b> Onero™ Andrew		<b>1pm</b> Onero™ Ewan			
	<b>1:45pm</b> Onero™ Transition Emma			<b>1:45pm</b> Onero™ Transition Emma	
		<b>4:30pm</b> Onero™ Ewan			
<b>5:15pm</b> Onero™ Andrew	<b>5:15pm</b> Onero™ Ewan	<b>5:15pm</b> Onero™ Ewan	<b>5:15pm</b> Strength Class Andrew		
<b>6pm</b> Strength Class Andrew		<b>6pm</b> Onero™ Ewan	<b>6pm</b> Onero™ Emma		