

Activities at The Bridge

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM					
9:30AM		Women Only Gym (9:30AM - 11:30AM)	Closed for Training	Member's Gym (9:30AM - 4:00PM)	Women Only Gym (9:30AM - 12:30PM)
10:00AM					
10:30AM		Other women's activities throughout the morning.	Closed for Training	Art Expression (11:00AM - 12:00PM)	Other women's activities throughout the morning.
11:00AM					
11:30AM		Zumba (11:30AM - 12:30PM)	Closed for Training		Including Women's Self Defence (10:30AM - 11:30AM) Women's Art Expression (11:00AM - 12:00PM)
12:00PM	Meditation (12:00PM - 12:30PM)				
12:30PM					
1:00PM	Member's Gym (1:00PM - 4:00PM)	Member's Gym (1:00PM - 4:00PM)	Closed for Training	Member's Gym (9:30AM - 4:00PM)	Member's Gym (1:00PM - 4:00PM)
1:30PM					
2:00PM	Circuit Training	Kick Boxing Session	Closed for Training	Boxing Session	
2:30PM					
3:00PM	Member's Gym (1:00PM - 4:00PM)	Member's Gym (1:00PM - 4:00PM)	Closed for Training	Member's Gym (9:30AM - 4:00PM)	Table Tennis (1:00PM - 4:00PM)
3:30PM					
4:00PM					