

OUTDOOR SCHEDULE		
Date	Morning	Afternoon/Evening
Wednesday 5 May	8.00am Local walk with Debbie (30 mins)	6:30pm Circuit with Noel (45 mins)
Thursday 6 May	9:30am HIIT with Jo (45 mins)	
Friday 7 May	8.00am Circuit with Kirsty/Alex (45 mins)	12noon Local walk with Alex (30 mins)
Saturday 8 May	10.00am HIIT with Roy (45 mins)	
Sunday 9 May	10.00am Local walk with Noel (30 mins)	
Monday 10 May	8.00am Local walk with Noel (30 mins)	
Tuesday 11 May		6:00pm Local walk with Alex (30 mins)
Wednesday 12 May		12noon Local walk with Debbie (30 mins)
Thursday 13 May	9:30am HIIT with Jo (45 mins)	6:00pm Beginner 5km run with Alex (40 mins)
Friday 14 May	8.00am Circuit with Kirsty/Alex (45 mins)	12:00pm Lunchtime walk with Debbie (30 mins)
Saturday 15 May	10.00am HIIT with Roy (45 mins)	
Sunday 16 May	10.00am Local walk with Noel (30 mins)	

The meeting point for these sessions is the entrance to Grenfell Park (the instructor will meet members at the gate 5 minutes before each session starts). **Please note that because these sessions take place outdoors they are weather permitting and subject to change at short notice.**