

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Daytime	3-4pm	12-1pm	12-1pm	12-1pm	12-1pm	10.30-11.30	Fitter
	4-4.30pm	4-5pm	4-5pm	4-5pm	4-5pm		
5-6pm			5.30-6.30		5-5.45pm	12 - 1pm	Fitter
							Faster
6-6.45pm			Parklangley 5-6				
			Parklangley 6-7pm YOGA		Massage 4-6pm		

Our Strength and Conditioning team are at the centre from 12 am to 7pm Monday to Friday exclusively for the Academy players: