

# TRENCH HEALTH & FITNESS **TIME TABLE**

	Mon	Tues	Wed	Thurs	Fri	Sat
<b>6am</b>	Mixed Circuit		Mixed Circuit		Mixed Circuit	
<b>7am</b>						
<b>8am</b>		Building Bones		Building Bones		Building Bones
<b>9am</b>	Ladies Circuit	Building Bones	Ladies Circuit	Building Bones	Ladies Circuit	
<b>10am</b>						
<b>11am</b>						
<b>12pm</b>	Corp. Circuit					
<b>1- 4pm</b>						
<b>5pm</b>	Building Bones		Building Bones			
<b>6pm</b>		Mixed Circuit		Mixed Circuit		
<b>6.30pm</b>	Building Bones		Building Bones			
<b>7pm</b>						
<b>8pm</b>						