

KEMPSEY – Group Fitness Timetable

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8:00	OXYGEN Heart & Lung	8:00	DVA Group			8:00	DVA Group		
		9:00	General Fitness			9:00	General Fitness	9:00	General Fitness
		10:00	Diabetes Group	10:00	DVA Group	10:00	Diabetes Group		
		11:00	Diabetes Group			11:00	Diabetes Group		
						4:00	Men's Group		