

# FOUNDATION

## Membership

### CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Club Rhyl</b>	Intro to Circuits 12-12:45pm Swim Fit Widths 8-9pm Swim Fit Lengths 9-10pm	Assist Fit 8-9am Intro to Gym 5-5:45pm Intro to Gym 8-9pm	Seated Circuits 10-11am Assist Fit 11-12pm	Assist Fit 8-9am Intro to Gym 8-9pm	Assist Fit 10-11am Intro to Gym 2-2:30pm	Assist Fit 10-11am Intro to Gym 1-1:30pm	Intro to Gym 10:45-11:45am
<b>Club Nova</b>	Intro to Circuits 11-11:45am Intro to Gym 8-9pm	Intro to Gym 11-12pm	Intro to Circuits 7:15-8pm Intro to Gym 8:15-9pm	Intro to Circuits 9-9:45am Intro to Gym 8-9pm	Intro to Circuits 9-9:45am		Intro to Circuits 9-9:45am
<b>X20</b>	Intro to Gym 5:15-6pm	Intro to Circuits 5:15-6pm	Intro to Gym 7:35-8:20am	Intro to Circuits 6:45-7:30pm	Intro to Gym 5-5:45pm		Intro to Circuits 10:30-11:15am
<b>Club Denbigh</b>	Intro to Gym 8:15-9pm	Intro to Gym 7-7:45pm	Intro to Gym 10-11am Intro to Gym 7-7:45pm			Intro to Circuits 11:30-12:15pm	
<b>Trem Y Dyffryn (Denbigh)</b>		Intro to Gym 1:30-2:30pm Intro to Gym 2:30-3:30pm			Intro to Gym 1:15-2:15pm Intro to Gym 2:15-3:15pm		
<b>Club Ruthin</b>		Intro to Circuits 5-5.45pm Intro to Gym 8-8.45pm		Intro to Circuits 5-5.45pm Intro to Gym 8-8.45pm			