

# FOUNDATION Membership

## CLASS TIMETABLE

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