



ALAN PARRY FITNESS STUDIOS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:00	PACE PROGRAMME	STRENGTH	FULL BODY STRENGTH ENDURANCE	STRENGTH CIRCUIT	HYBRID CIRCUIT
07:00	PACE PROGRAMME		FULL BODY STRENGTH ENDURANCE		HYBRID CIRCUIT
08:00		STRENGTH		STRENGTH CIRCUIT	
08:30	PACE PROGRAMME		FULL BODY STRENGTH ENDURANCE		HYBRID CIRCUIT
17:30		STRENGTH		STRENGTH CIRCUIT	