

Helen Percival Fitness - Timetable

	Mon	Tues	Wed	Thurs	Fri	Sat
8:30 AM						
9:00 AM						
9:30 AM	Small Group Personal Training			Small Group Personal Training		
10:00 AM	1-6 clients 50 mins			1-6 clients 50 mins		Pilates - six week course
10:30 AM	Pilates			Pilates		1-8 clients 50 mins
11:00 AM	1-8 clients 50 mins			1-8 clients 50 mins		
11:30 AM						
12:00 PM				Small Group Personal Training		
12:30 PM				1-6 clients 50 mins		
1:00 PM						
1:30 PM						
2:00 PM	Small Group Personal Training				Personal Training	
2:30 PM	1-6 clients 50 mins				Availability	
3:00 PM	Personal Training				Personal Training	
3:30 PM	Availability				1 to 1 50 mins	
4:00 PM					Small Group Personal Training	
4:30 PM					1-6 clients 50 mins	
5:00 PM					Personal Training	
5:30 PM					1 to 2 50 mins	
6:00 PM	Pilates		Personal Training	Pilates		
6:30 PM	1-8 clients 50 mins		Availability	1-8 clients 50 mins		
7:00 PM	Small Group Personal Training		Small Group Personal Training	Small Group Personal Training		
7:30 PM	1-6 clients 50 mins		1-6 clients 50 mins	1-6 clients 50 mins		