

Genesis Supervised Workout Schedule 2009 and Opening Hours. Call 01225 481234 to book

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am							
8am		Supervised Session		Supervised Session			
9am	Supervised Session				Supervised Session	Supervised Session	Supervised Session
10am		Supervised Session	Supervised Session	Supervised Session			
11am	Supervised Session	Supervised Session		Supervised Session	Supervised Session	Supervised Session	Supervised Session
12noon			Supervised Session	Supervised Session			
1pm						Supervised Session	
2pm	Supervised Session	Supervised Session	Supervised Session		Supervised Session		
3pm			Supervised Session			Supervised Session	
4pm	Supervised Session	Supervised Session			Supervised Session		
5pm				Supervised Session			
6pm	Supervised Session		Supervised Session		Supervised Session		
7pm		Supervised Session	Supervised Session	Supervised Session			
8pm	Supervised Session	Supervised Session	Supervised Session	Supervised Session			

- **The schedule may change monthly in response to busy and quiet times;**
- **Our Crèche is available Tuesday, Wednesday & Thursday mornings 9:00am – 12:00pm £2 per session;**
- **Genesis Lifestyle Centre will provide a Trainer during the sessions for those who are on courses;**
- **You may add on up to 1 week of the course due to illness.**