

TTK SPORTS
CENTRE

TRAINING SCHEDULE

2022/23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.00-13.00 Total body (in studio)	11.30-12.30 Zumba (in studio)	12.00-13.00 Total body (in studio)	16.00-17.30 Gym class with instructor	12.00-13.00 Yoga (in studio)
20.30-22.00 Volleyball	17.30-19.00 Indoor football		17.30-19.00 Indoor football	
	19.00-20.30 Volleyball		20.30-22.00 Basketball	
	20.30-22.00 Basketball			

*Gym is booked on Thursdays 8.45-9.45 and 13.00-14.00. Open other times.