

TAS Weights Room Schedule- Term 1 2019

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am-7.30am		TAS Students- Programmed Weights 6.00am- 7.30am	TAS Students- Programmed Weights 6.00am- 7.30am	TAS Students- Programmed Weights 6.00am- 7.30am	TAS Students- Programmed Weights 6.00am- 7.30am		
10.15am-11.15am		Reduced Mobility Class (Chris Doherty) 10.15am-11.15am					
3.45pm-5.15pm	TAS Students- Programmed Weights 3.45pm- 5.15pm	TAS Students- Programmed Weights 3.45pm- 5.15pm	TAS Students- Programmed Weights 3.45pm- 5.15pm	TAS Students- Programmed Weights 3.45pm- 5.15pm			
4.15pm-5.15pm						Adults Circuit (Chris Doherty) 4.15pm-5.15pm	
5.15pm-6.15pm		Adults Circuit (Chris Doherty) 5.15pm-6.15pm		Adults Circuit (Chris Doherty) 5.15pm-6.15pm			